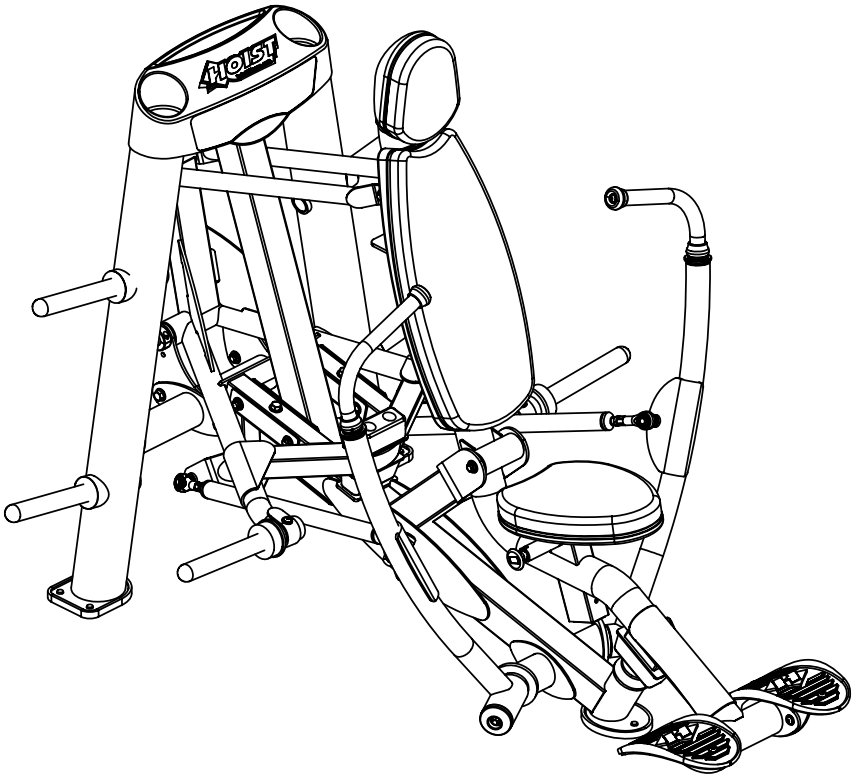
RPL-5305 ADDENDUM

RPL-5305

OWNER'S MANUAL
ADDENDUM

READ THIS FIRST!

THE FOLLOWING PAGES WILL SUPERCEDE THE EXISTING PAGES IN THE RPL-5305 MANUAL CATALOG NUMBER 0608-000



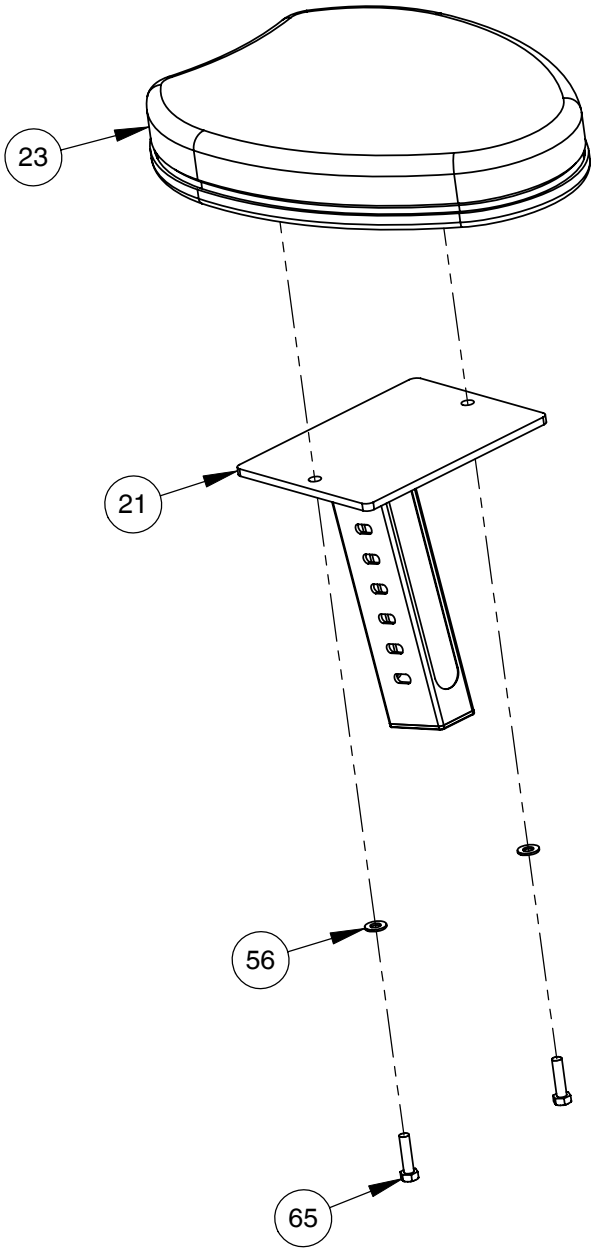
Note: Both Serial Number and Model Number are Required when Ordering Parts

RECORD SERIAL NUMBER HERE

Customer Service
(800) 548-5438
(858) 578-7676
Fax
(858) 578-9558

FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE.



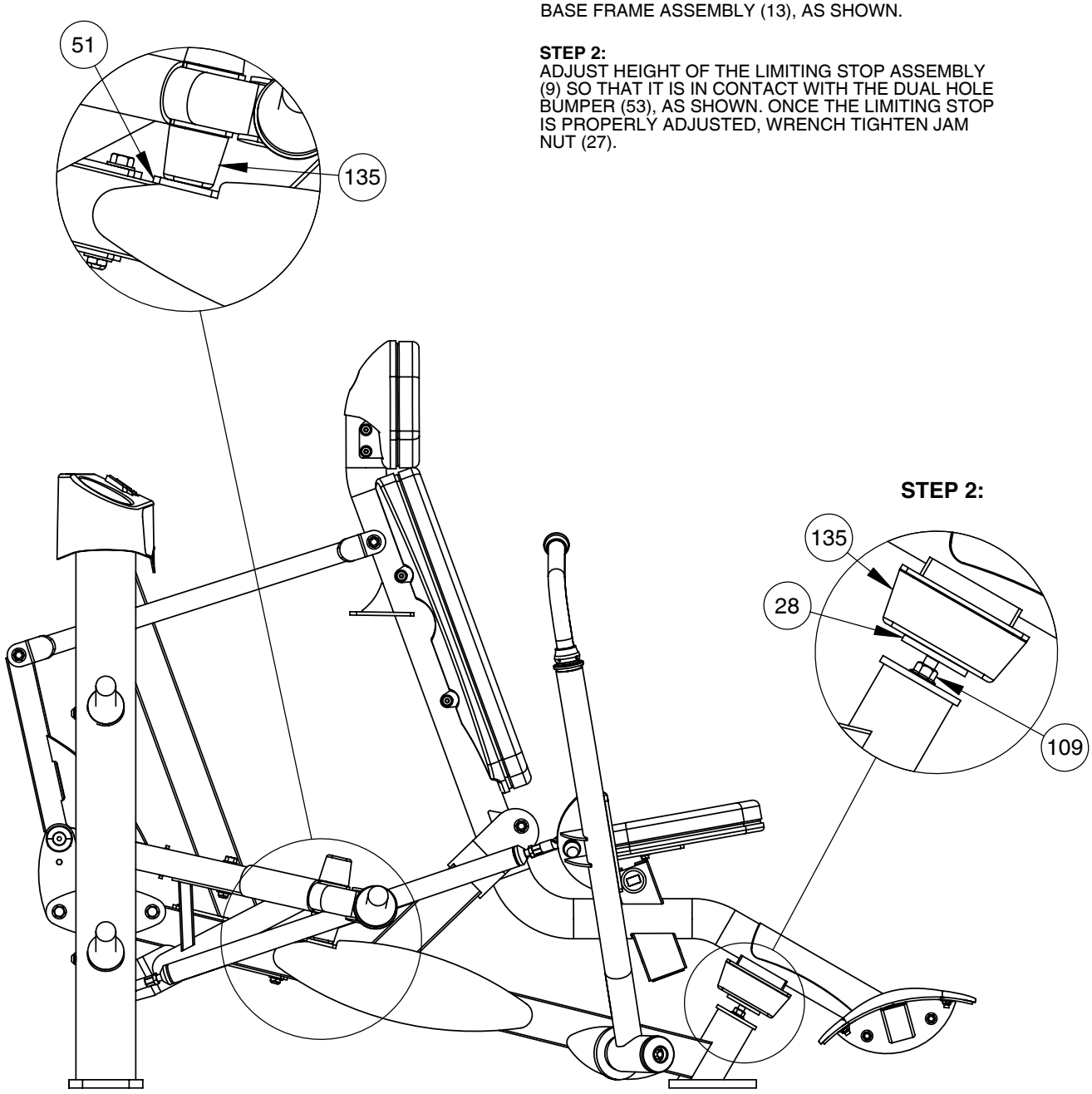
MACHINE ADJUSTMENT

NOTE:
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

MAJOR ADJUSTMENT:

STEP 1:
BE SURE THE BOTTOM DUAL HOLE BUMPER (53) OF THE LIFT ARM ASSEMBLY REMAINS IN CONTACT WITH THE BASE FRAME ASSEMBLY (13), AS SHOWN.

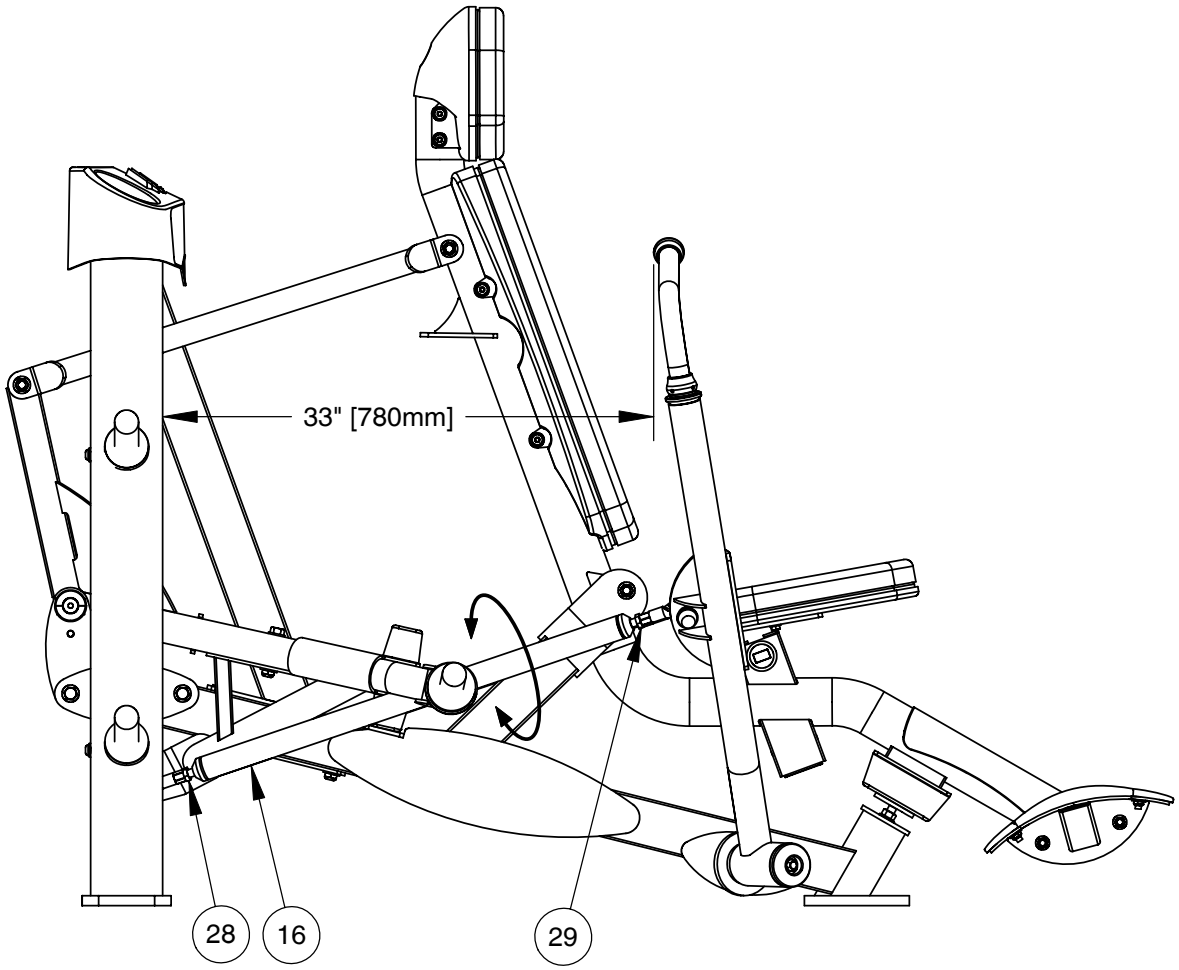
STEP 2:
ADJUST HEIGHT OF THE LIMITING STOP ASSEMBLY (9) SO THAT IT IS IN CONTACT WITH THE DUAL HOLE BUMPER (53), AS SHOWN. ONCE THE LIMITING STOP IS PROPERLY ADJUSTED, WRENCH TIGHTEN JAM NUT (27).



MACHINE ADJUSTMENT CONTINUED

MAJOR ADJUSTMENT:

LOOSEN JAM NUTS (28, 29) AND TWIST TIE RODS (16) IN/OUT TO ADJUST THE PRESS ARMS TO THE PROPER HEIGHT. ONCE THE PROPER HEIGHT IS REACHED AND THE PRESS ARMS ARE OF EQUAL HEIGHTS, BE SURE TO RE-TIGHTEN JAM NUTS.



PART LIST

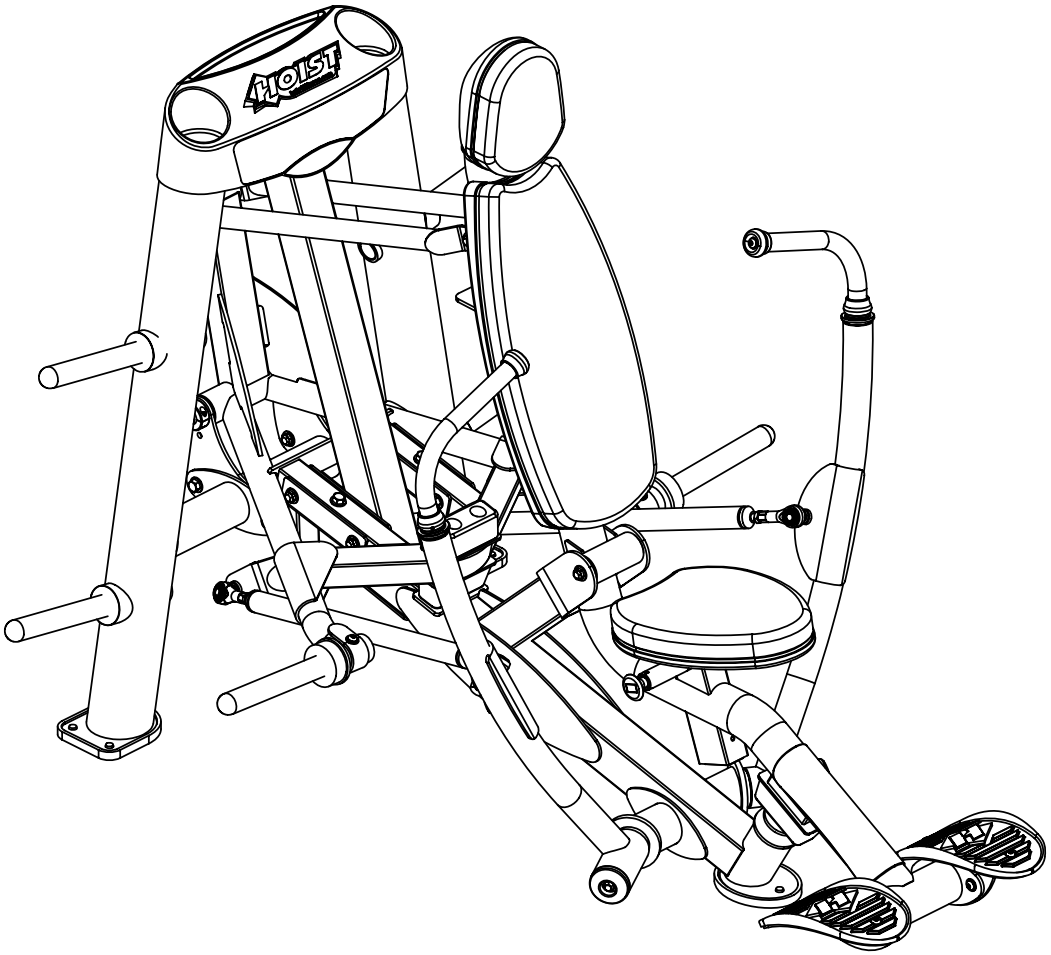
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
1	026-01PL2236	TOP CAP W/INSERTS	1
2	026-01X3294	REAR UPRIGHT LEFT ASSEMBLY	1
3	026-01X3377	REAR UPRIGHT RIGHT ASSEMBLY	1
4	026-01X2402	FOOT PLATE ASSEMBLY	2
5	026-01X2849	RACHET PULL-PIN ASSEMBLY	1
6	026-01X2975	FOOT PLATE MOUNT ASSEMBLY	2
7	026-01X3235	CENTER UPRIGHT	1
8	026-01X3287	SHAFT, LIFT-ARM ASSEMBLY	1
9	026-01X3292	LIMITING STOP ASSEMBLY	1
10	026-01X3305	WEIGHT HORN ASSEMBLY	2
11	026-01X3308	LINK ASSEMBLY	2
12	026-01X3404	LIFT ARM DECLINE	1
13	026-01X3409	BASE FRAME ASSEMBLY	1
14	026-01X3411	PRESS ARM RIGHT	1
15	026-01X3412	PRESS ARM LEFT	1
16	026-01X3413	PRESS ARM LINKS	2
17	026-01X3414	LINK MOUNT - LEFT	1
18	026-01X3416	TIE-ROD END LEFT HANDED	2
19	026-01X3417	LINK MOUNT - RIGHT	1
20	026-01X3420	TIE-ROD END RIGHT HANDED	2
21	026-01X2387	SEAT PAD ASSEMBLY	1
22	026-01X3429	USER SUPPORT FRAME ASSEMBLY	1
23	022-01PD2054-A	SEAT PAD ASSEMBLY	1
24	022-01PD2055	UPHOLSTERED HEAD PAD	1
25	022-01PD2058	UPHOLSTERED BACK PAD	1
26	011-0111008	SET SCREW: 1/4"-28 X .25" LG. (WZ)	4
27	012-0202001	1/2"-13 FLANGED NUT (WZ)	1
28	012-0105009	12 mm JAMNUT RH	2
29	012-0105010	12 mm JAMNUT LH	2
30	014-0019005-2	SPLIT COLLAR: 1.00" I.D. X 20mmT NON-THREADED	1
31	014-0009007	BEARING: FLANGED Ø2.00" O.D. X Ø1.00" I.D.	4
32	014-0005001	BEARING: (SMALL) Ø1 3/8"" O.D. X Ø3/4"" I.D.	4
33	014-0012013	BEARING: BALL BEARING Ø2.44" O.D. X Ø1.18" I.D.	4
34	016-0001003	END CAP 1.50" X 2.50" (BLACK)	1
35	022-01PD2058-5	PLASTIC BACK PAD BACKING	1

OWNER'S MANUAL

RPL-5305

PLATE-LOADED DECLINE CHEST PRESS



****WARNING !****

TO PREVENT POSSIBLE TIPPING, BOLT THIS UNIT TO THE EXERCISE FLOOR. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH.

Note: Both Serial Number and Model Number are Required when Ordering Parts

RECORD SERIAL NUMBER HERE

CATALOG NUMBER

0608 - 001

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

CONTENTS

INSTRUCTIONS 02

FRAME ASSEMBLY 04

MACHINE ADJUSTMENT 27

PRE-ASSEMBLY..... 29

DECAL PLACEMENT..... 30

DECAL REFERENCE..... 31

PART LIST..... 33

ABBREVIATIONS..... 36

BOLT SIZING CHART..... 37

WASHER SIZING CHART..... 39

MAINTENANCE SCHEDULE..... 41

GENERAL MAINTENANCE INFORMATION..... 42

WEIGHT TRAINING TIPS..... 43

EXERCISE LOG..... 44

LIMITED WARRANTY..... 45

INSTRUCTIONS

Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only HOIST replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

HOIST equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized HOIST dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

TOOLS REQUIRED

Ratchet Wrench

1/2", 9/16" and 3/4" Sockets

Adjustable Wrench

Rubber Mallet

Tape Measure

Level

Hex Key Wrench Set

Two People

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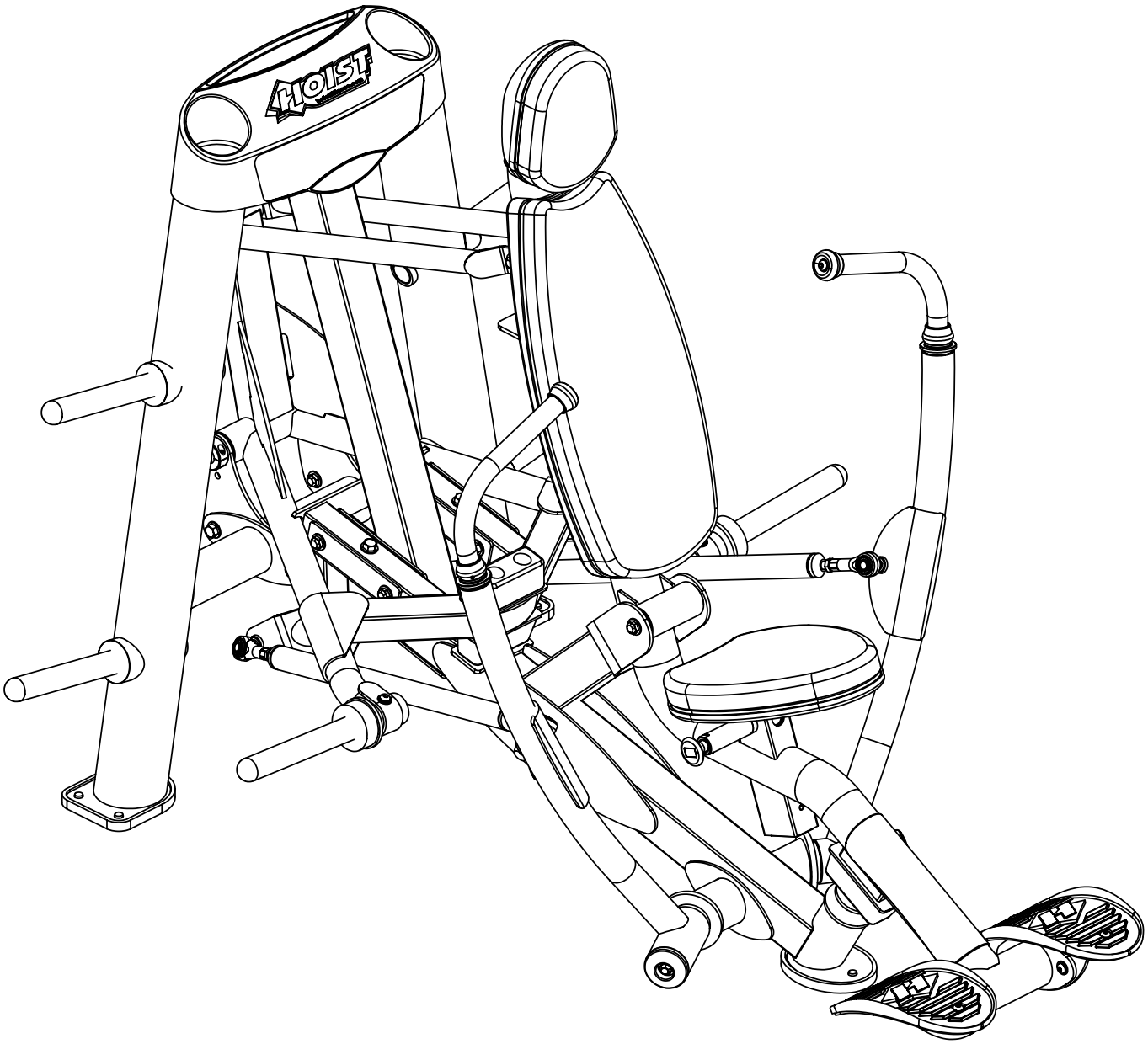
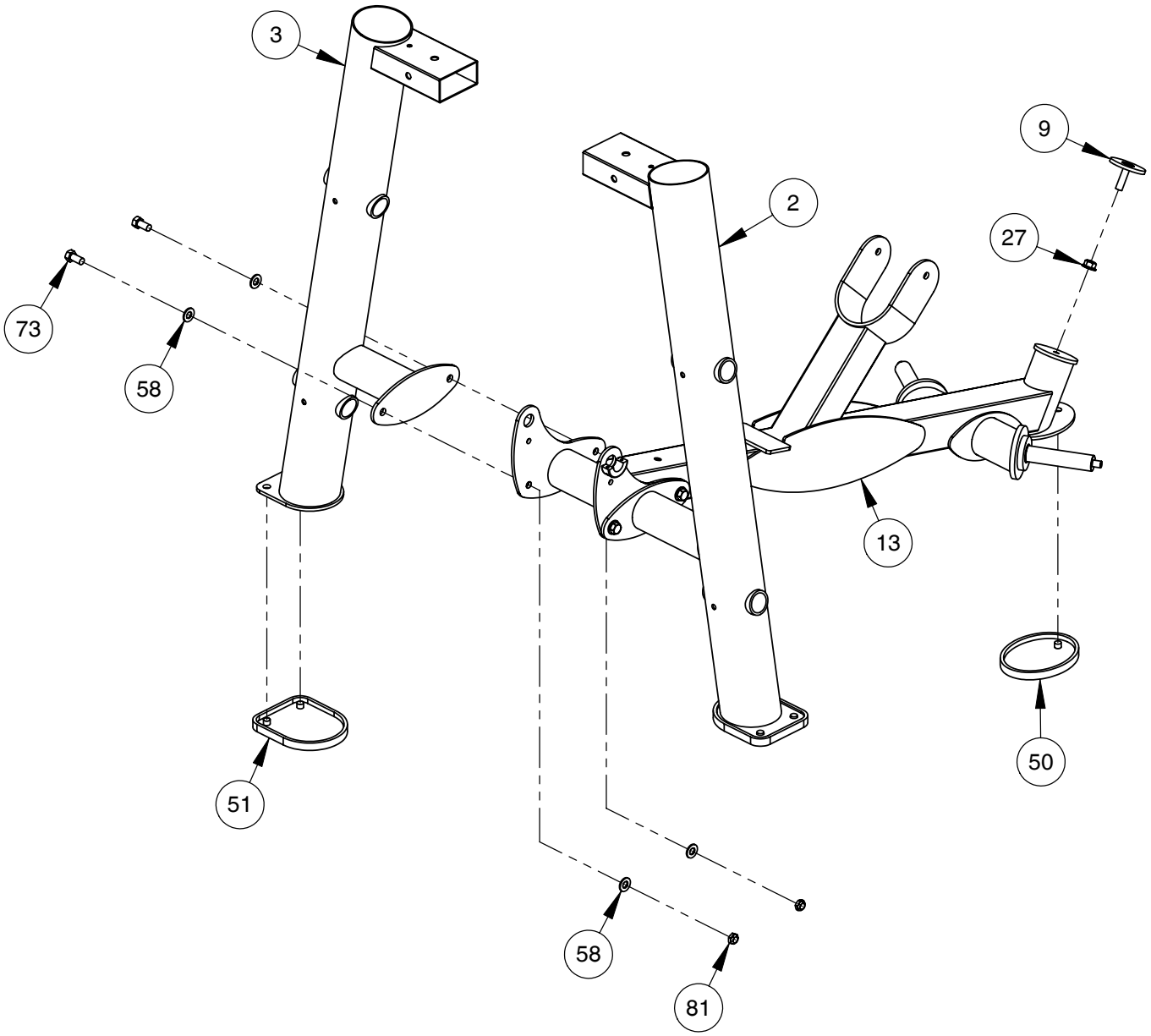
FRAME ASSEMBLY



FRAME ASSEMBLY

NOTE:
- HAND TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.



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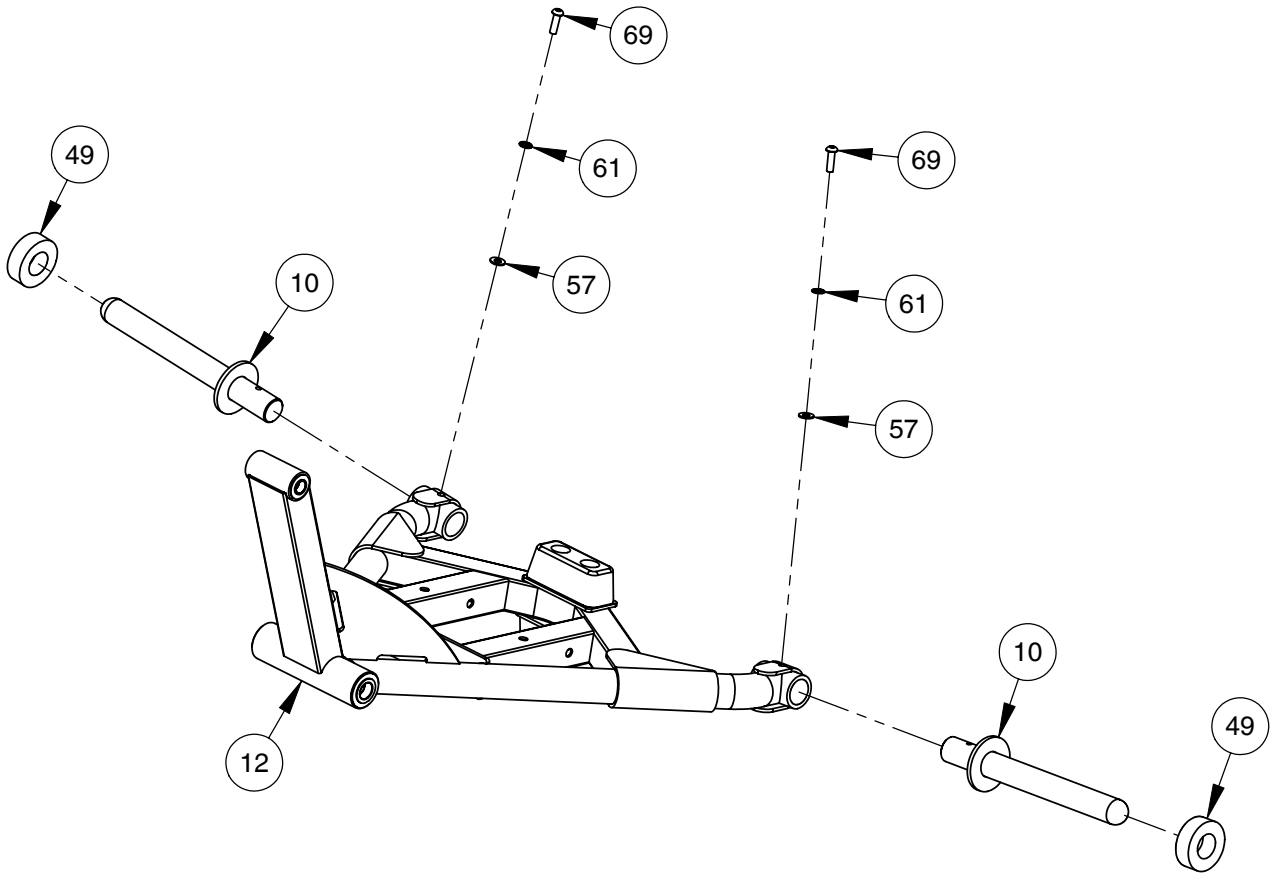

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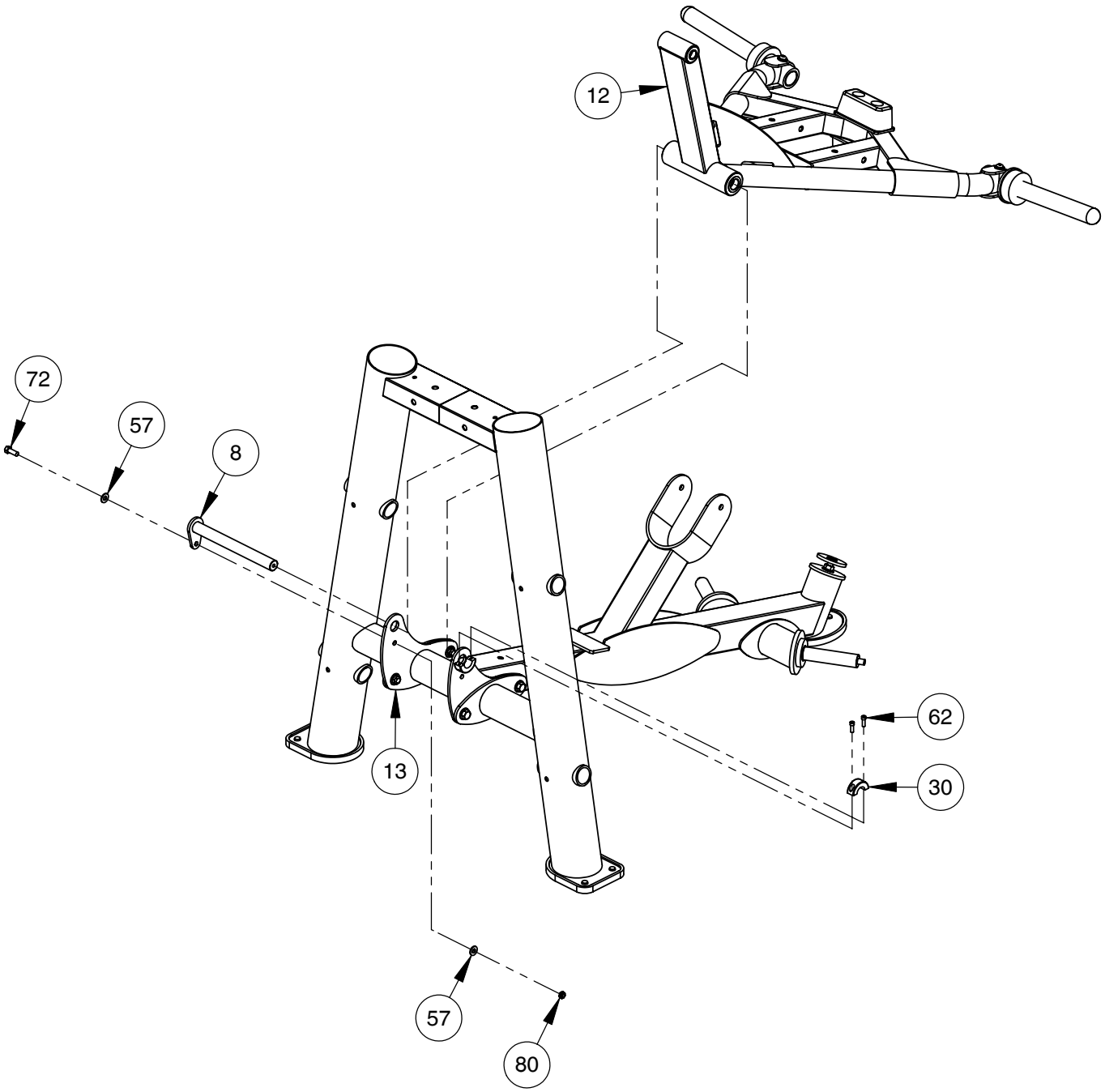

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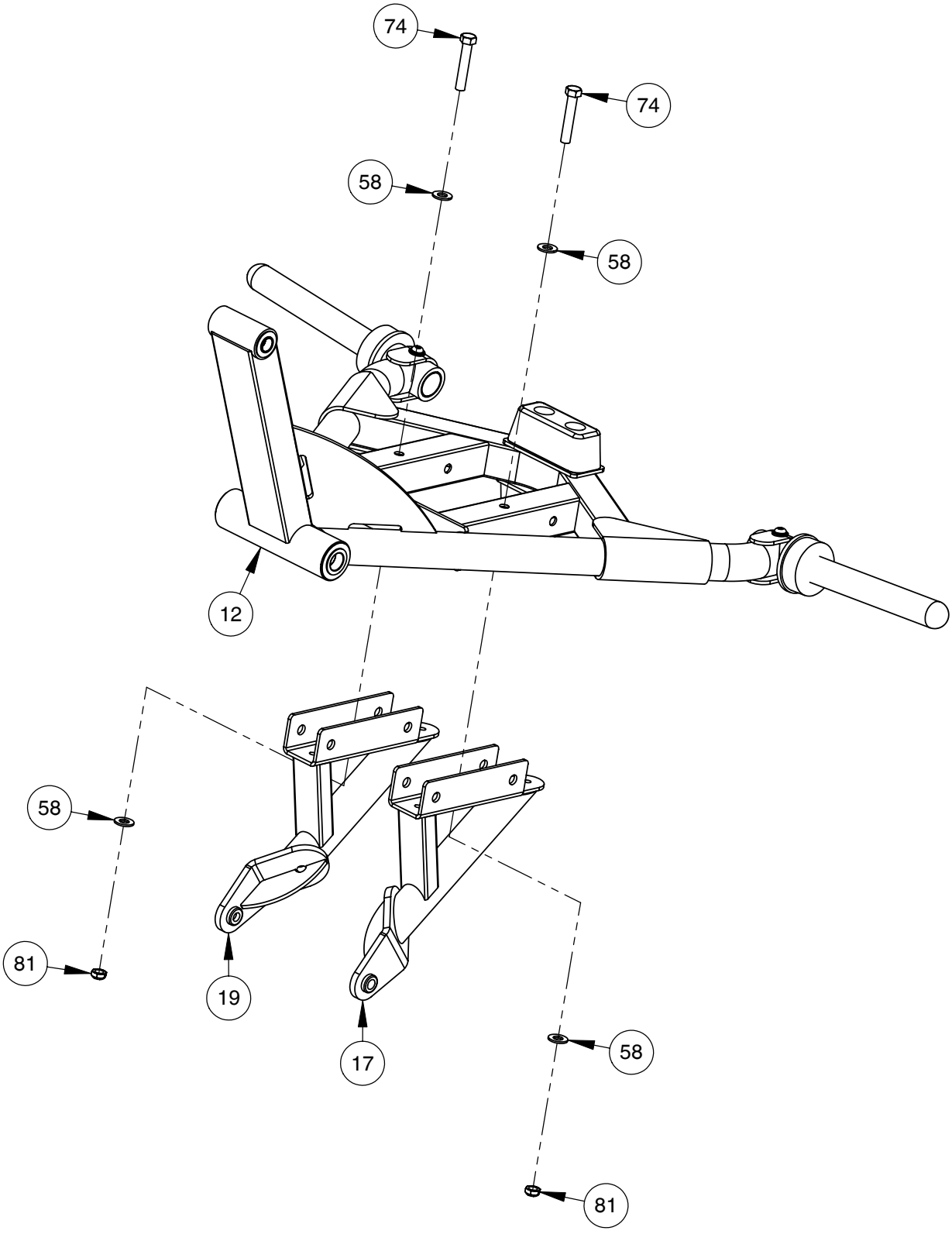

FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE.
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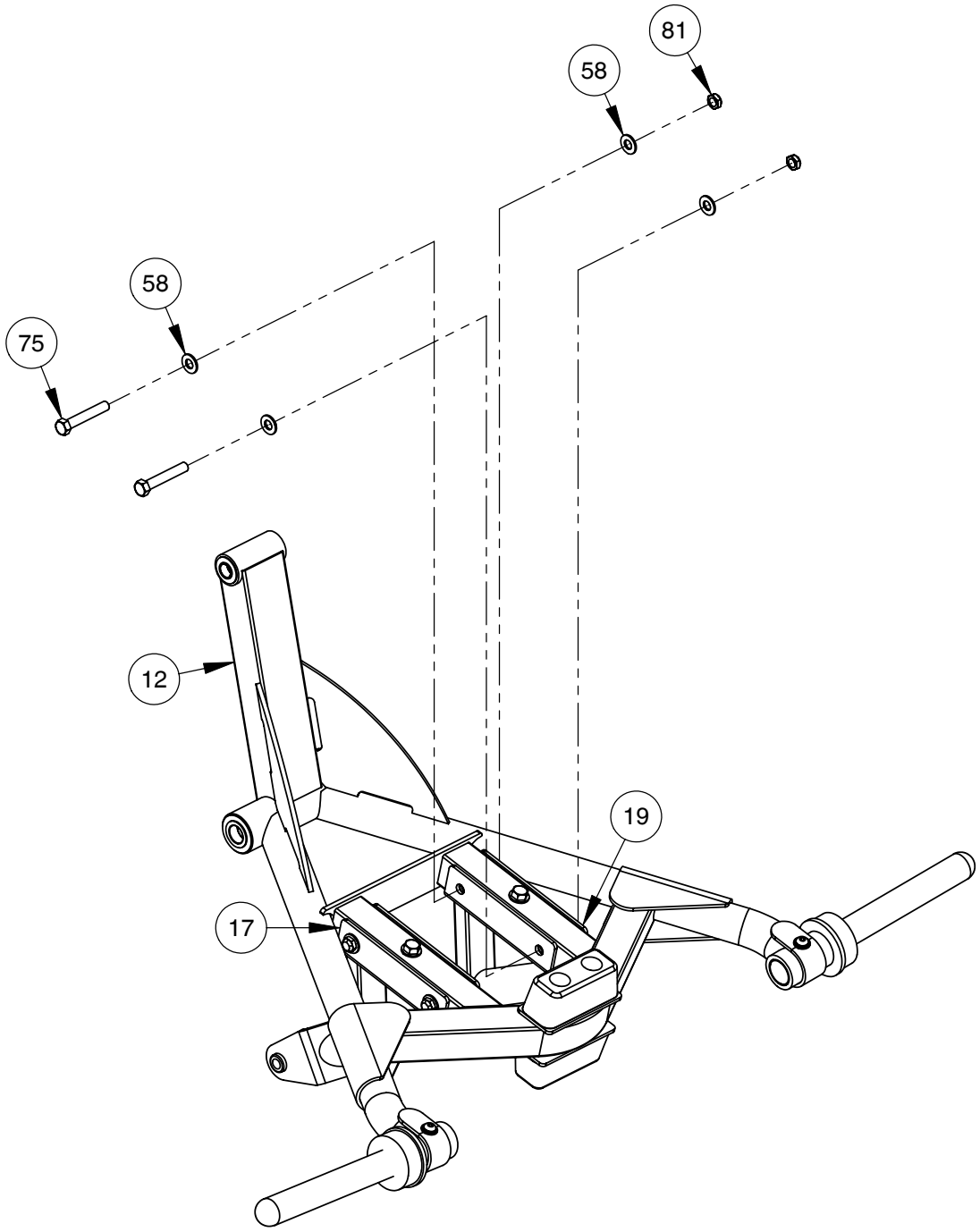
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.



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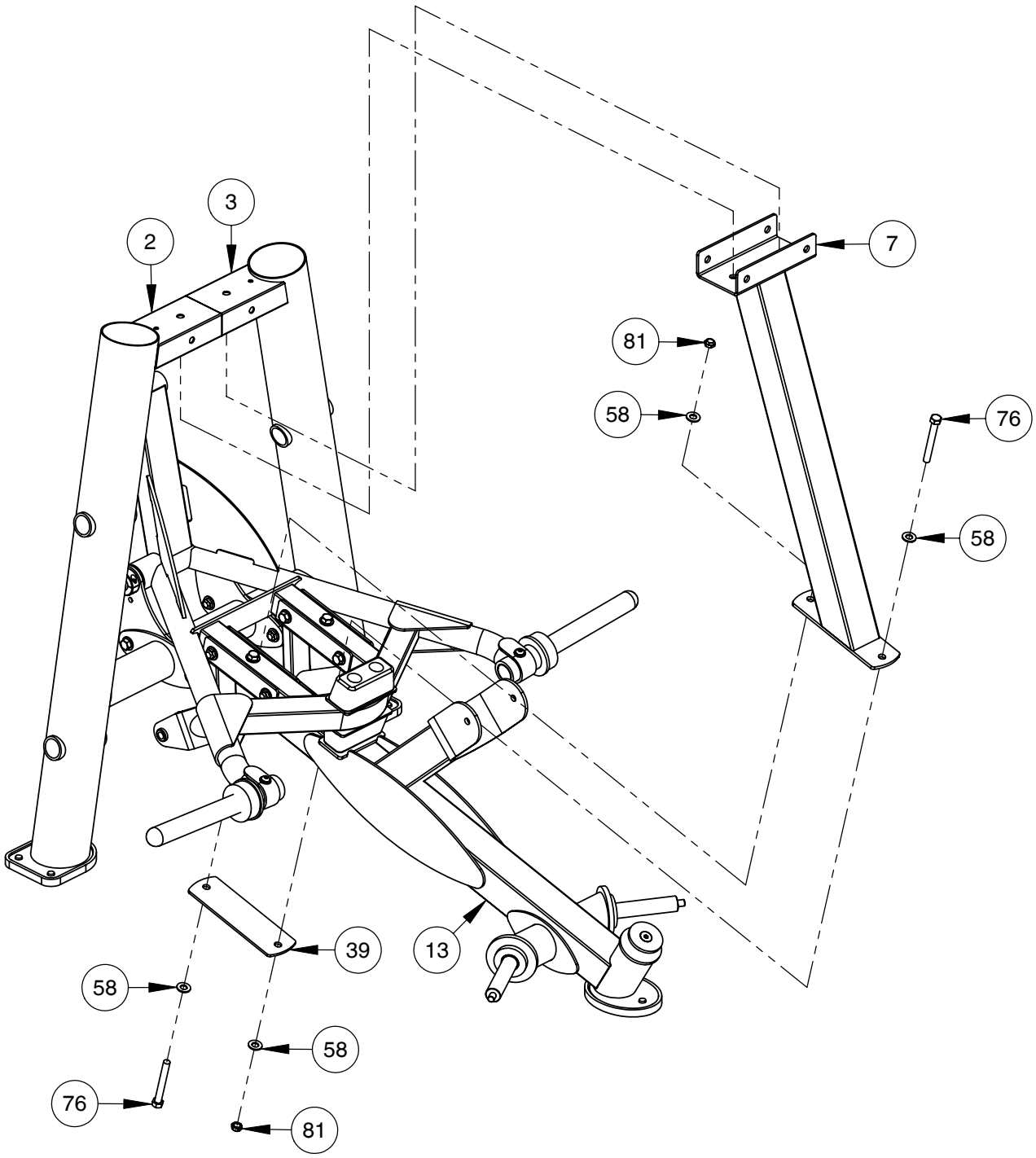

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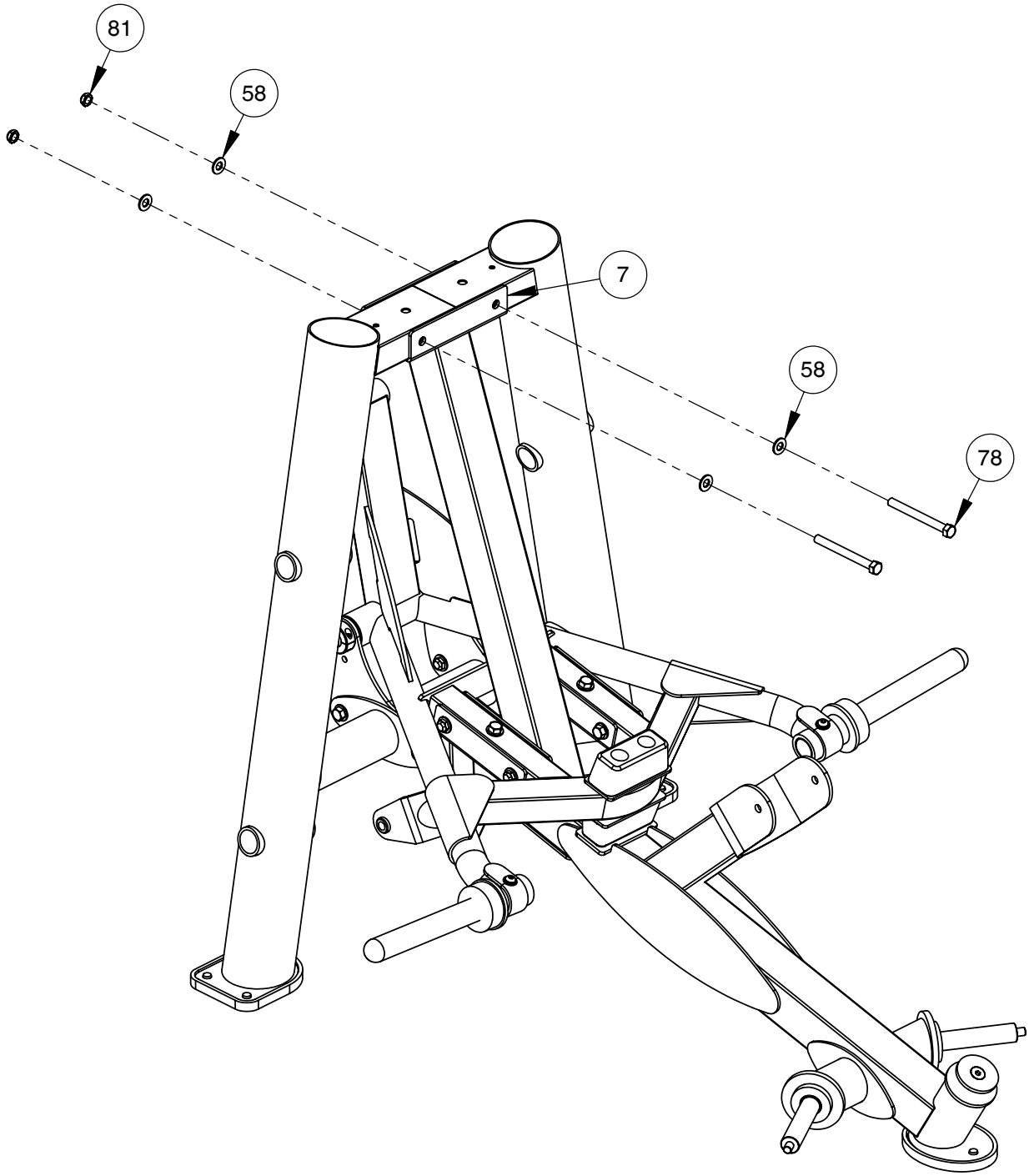
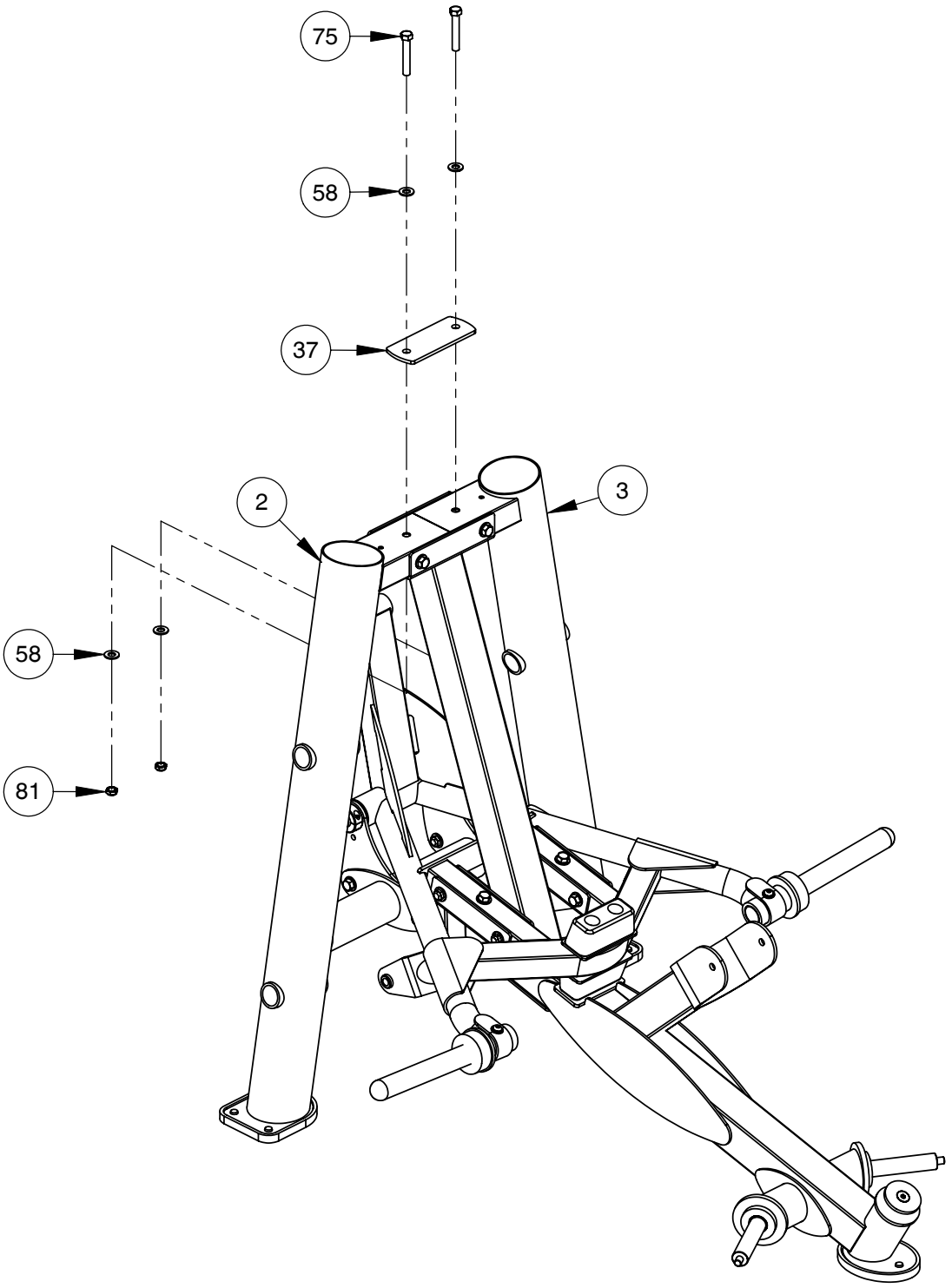


FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE.
- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTEN HARDWARE.



FRAME ASSEMBLY

NOTE:
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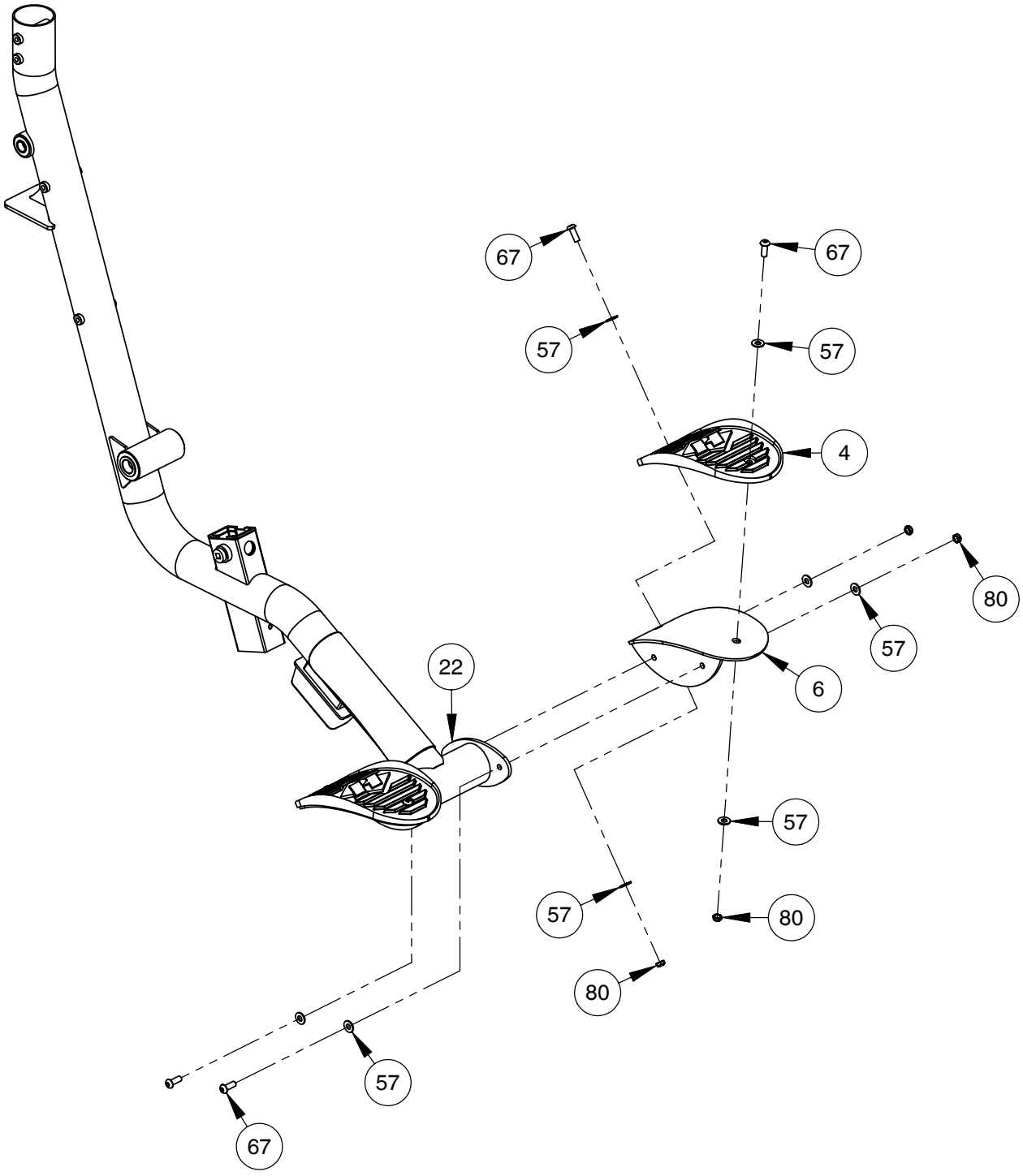
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.



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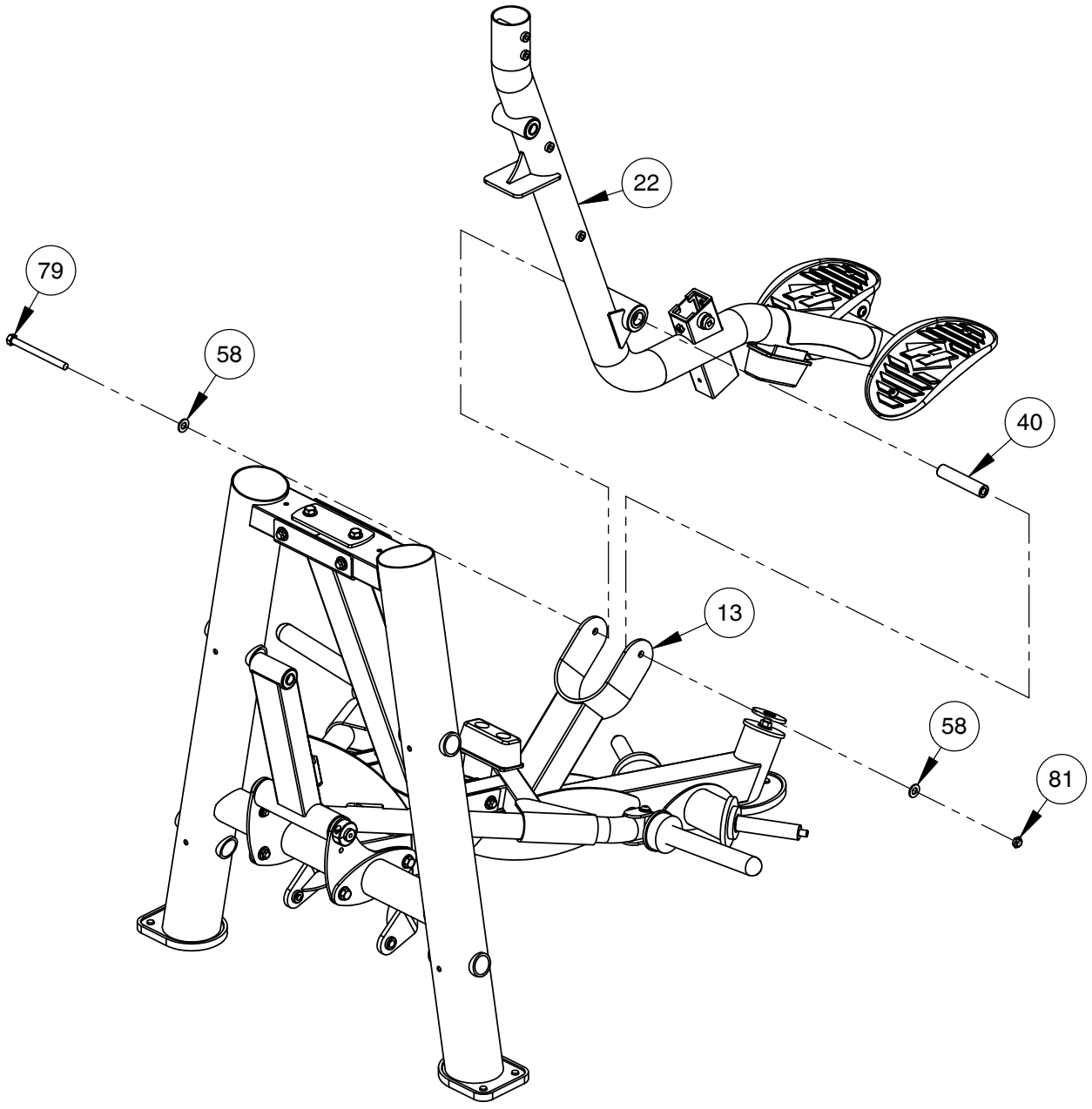
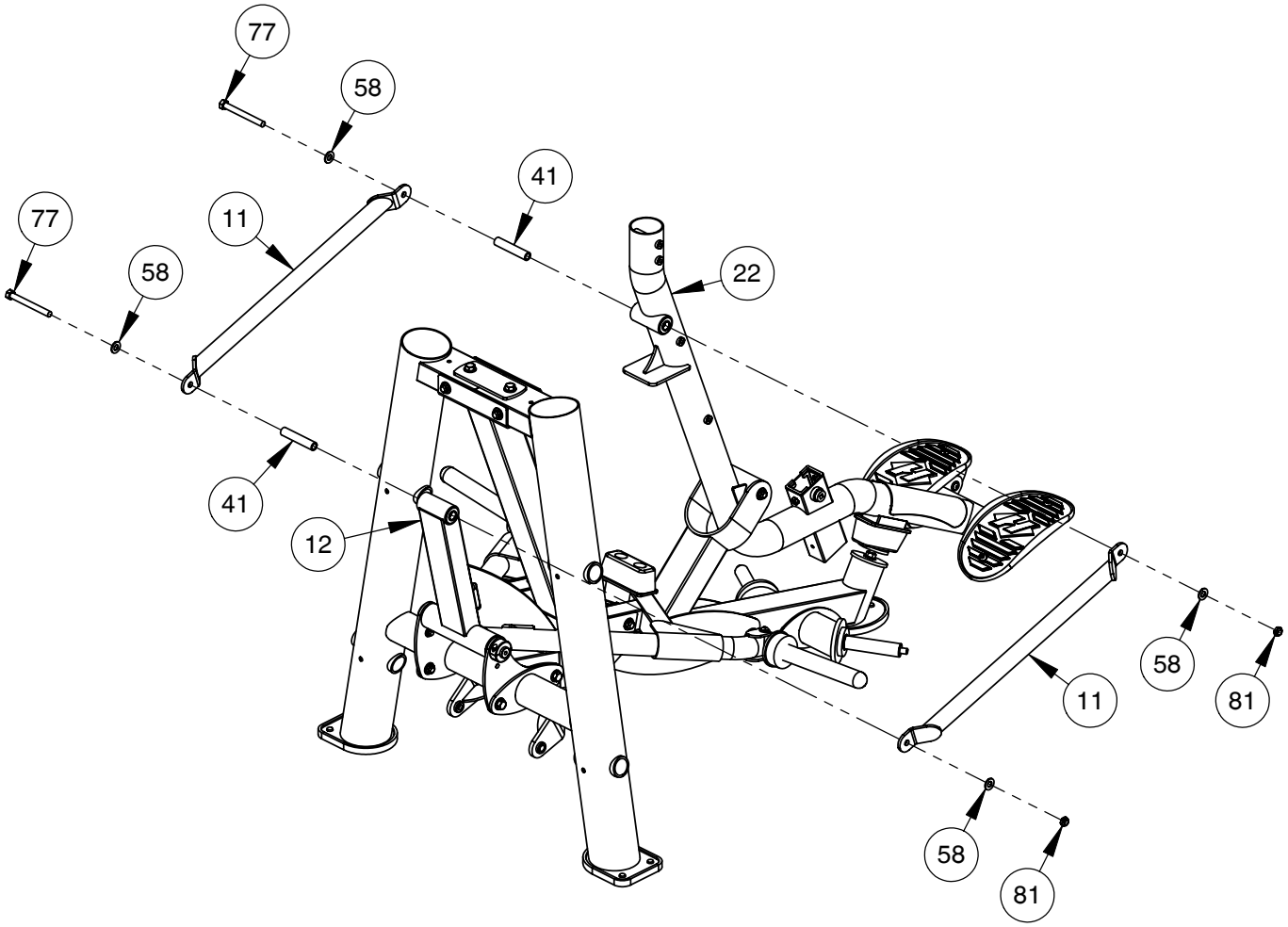


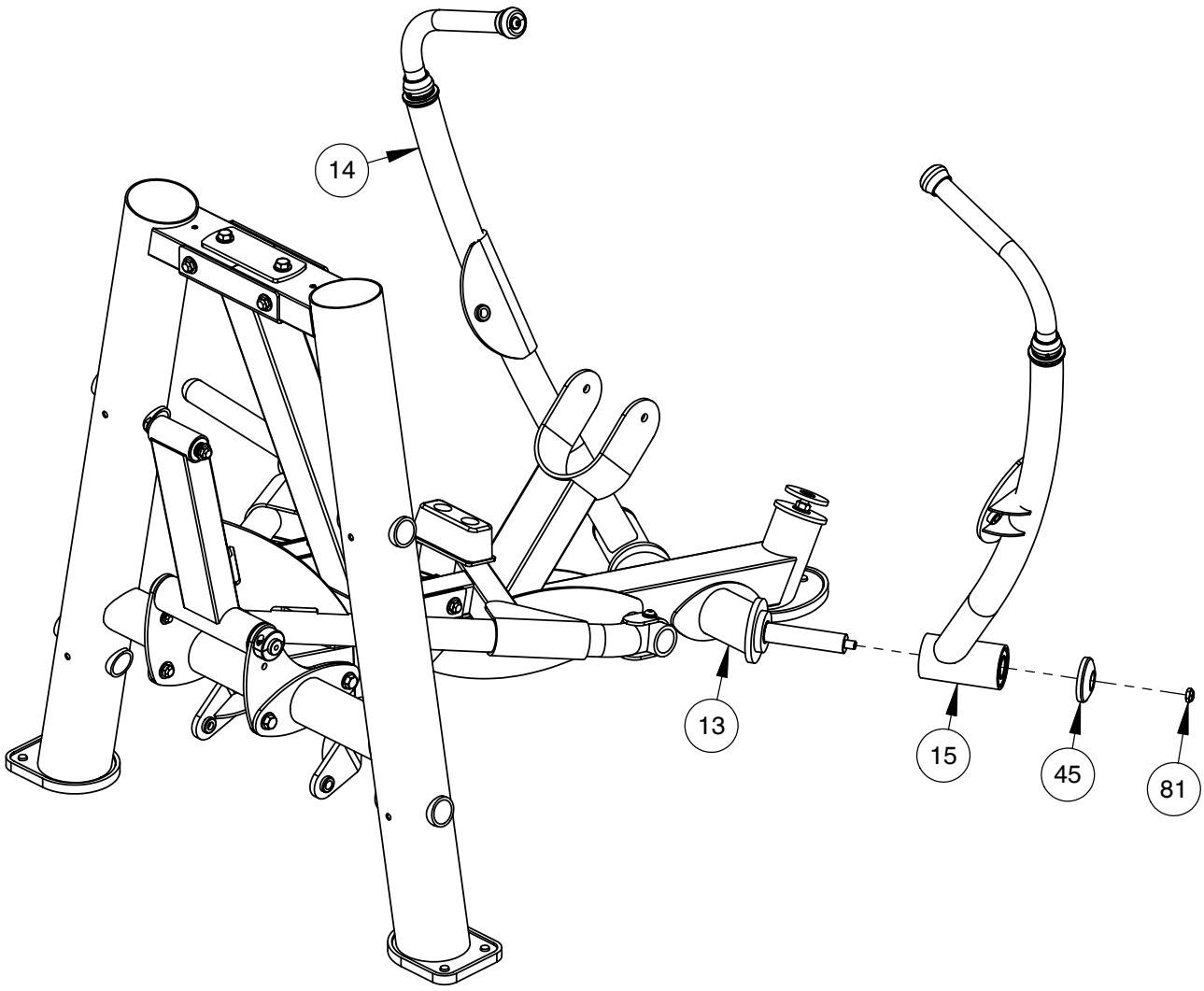
FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE (77) THEN LOOSEN NUT JUST ENOUGH FOR (11) TO PIVOT FREELY.



FRAME ASSEMBLY

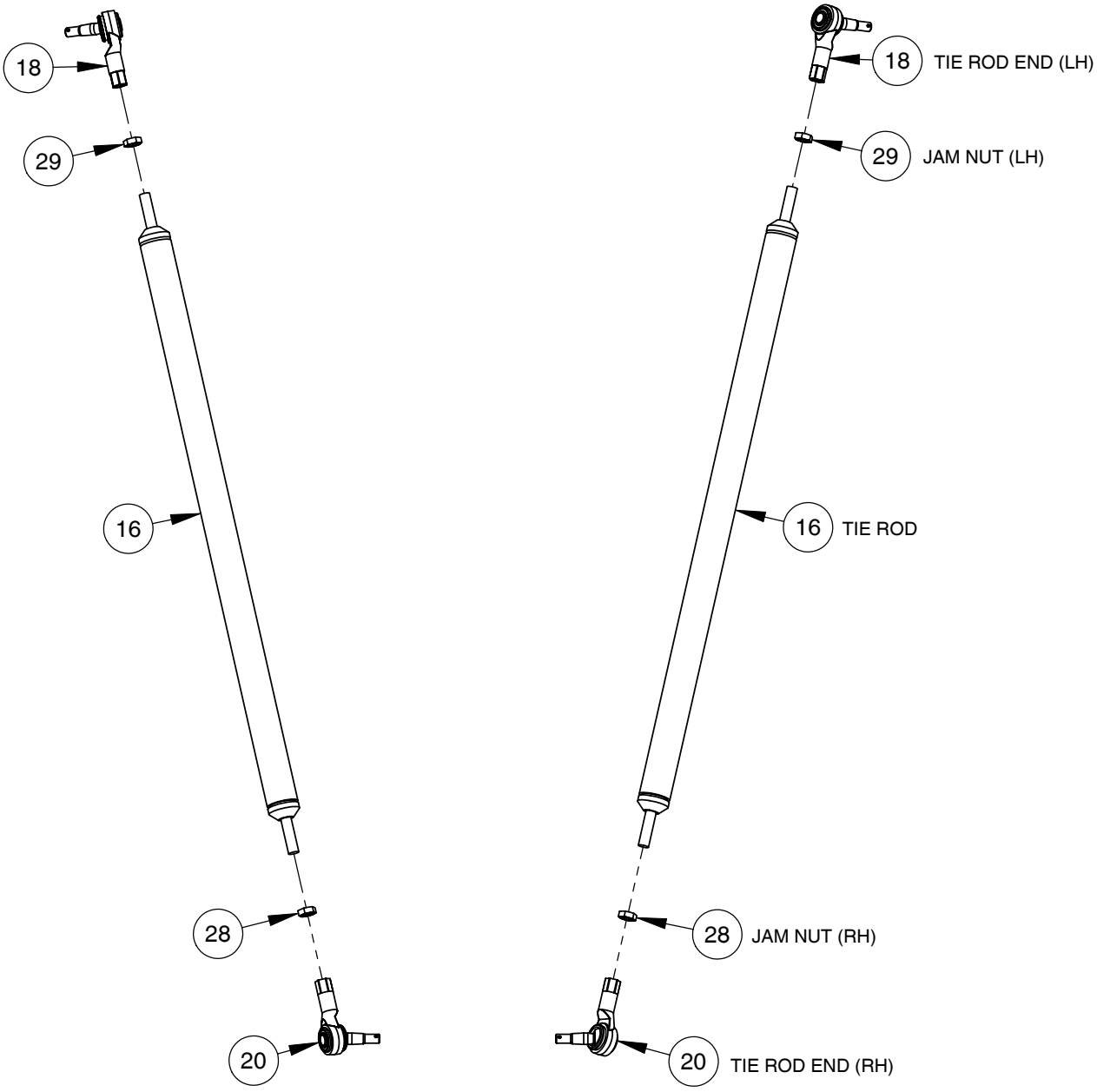
NOTE:
- WRENCH TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.



FRAME ASSEMBLY

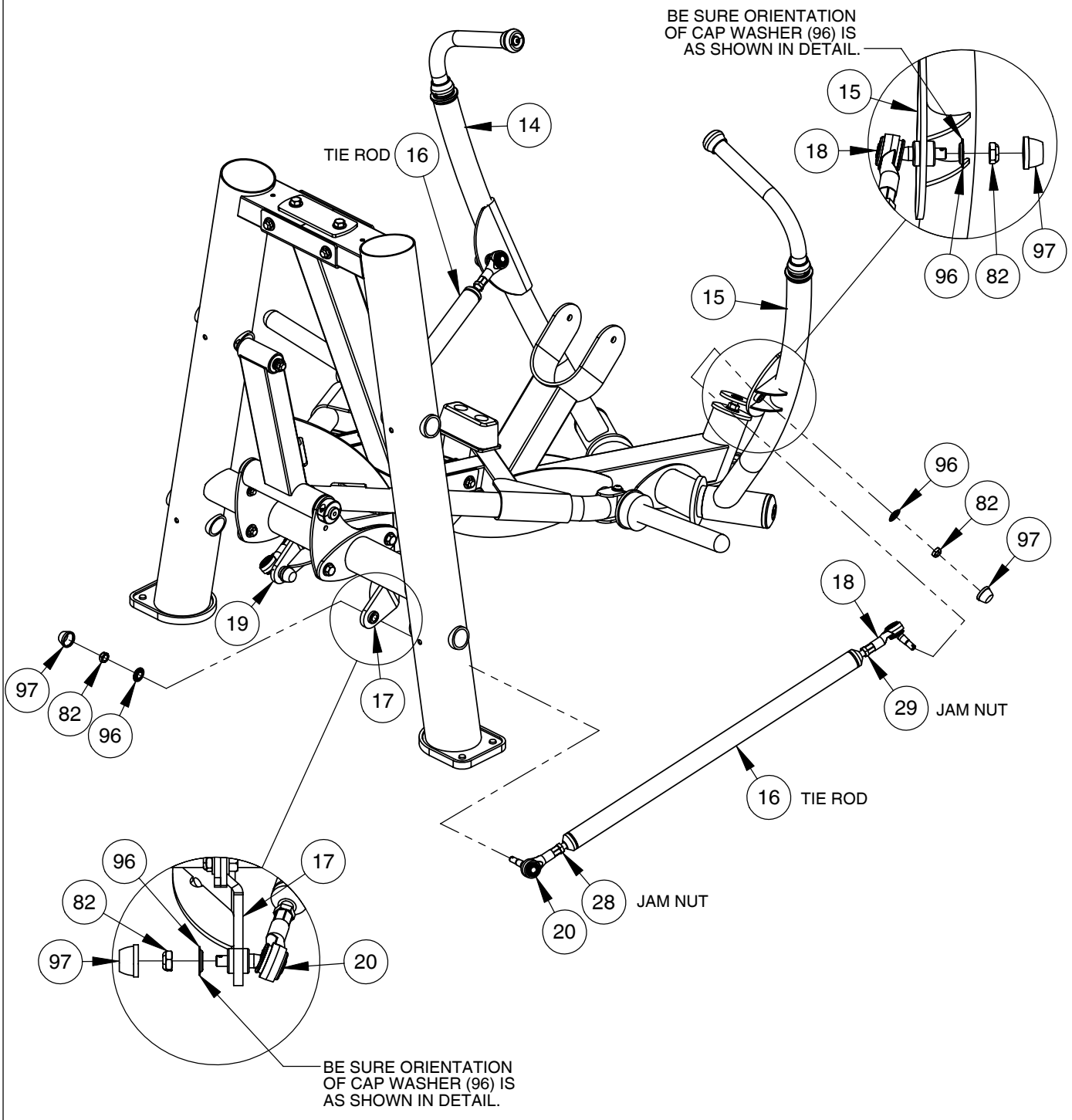
NOTE:
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

WARNING - TIE ROD ENDS (18, 20) MUST BE TREADED A MINIMUM OF 3/8" WITH JAM NUT (28, 29) TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.



FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE (82).
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.
- REFER TO PAGES 27 & 28 FOR SPECIFIC MACHINE ADJUSTMENT INFORMATION.



FRAME ASSEMBLY

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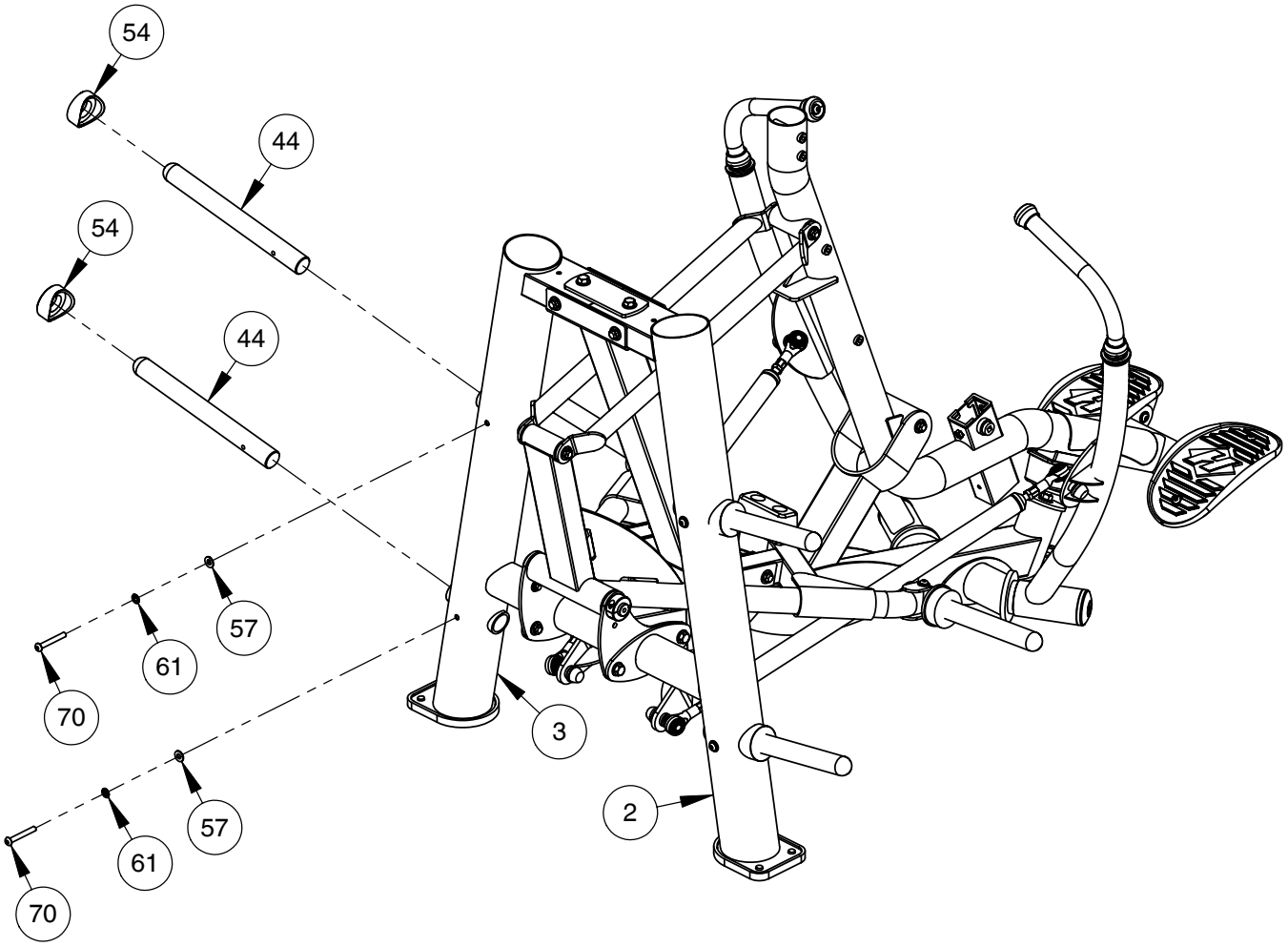

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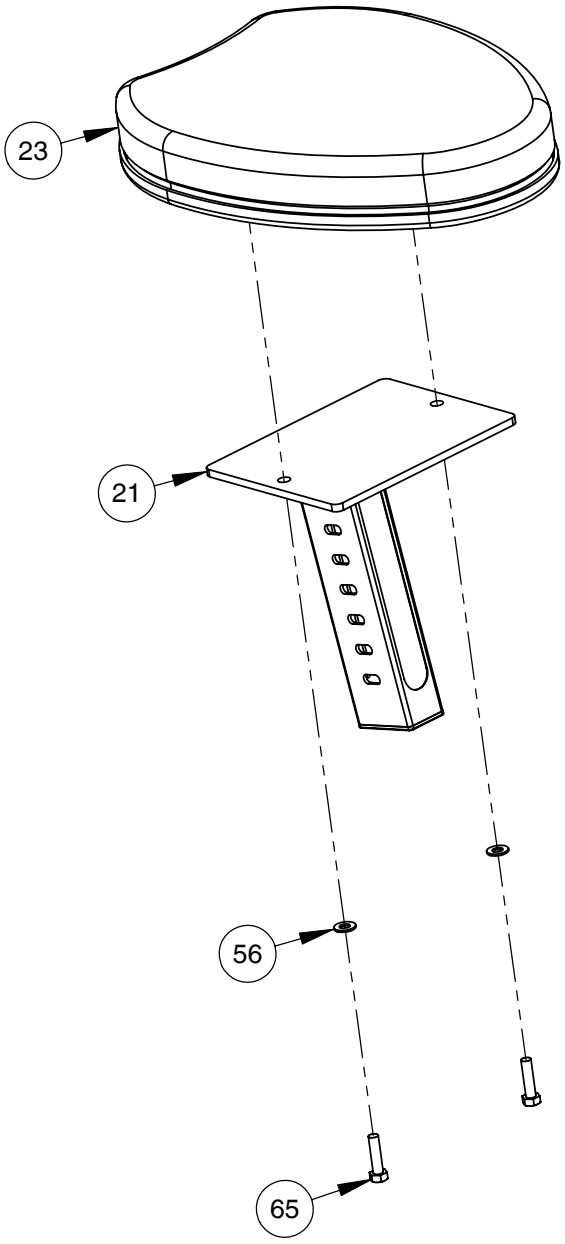

FRAME ASSEMBLY

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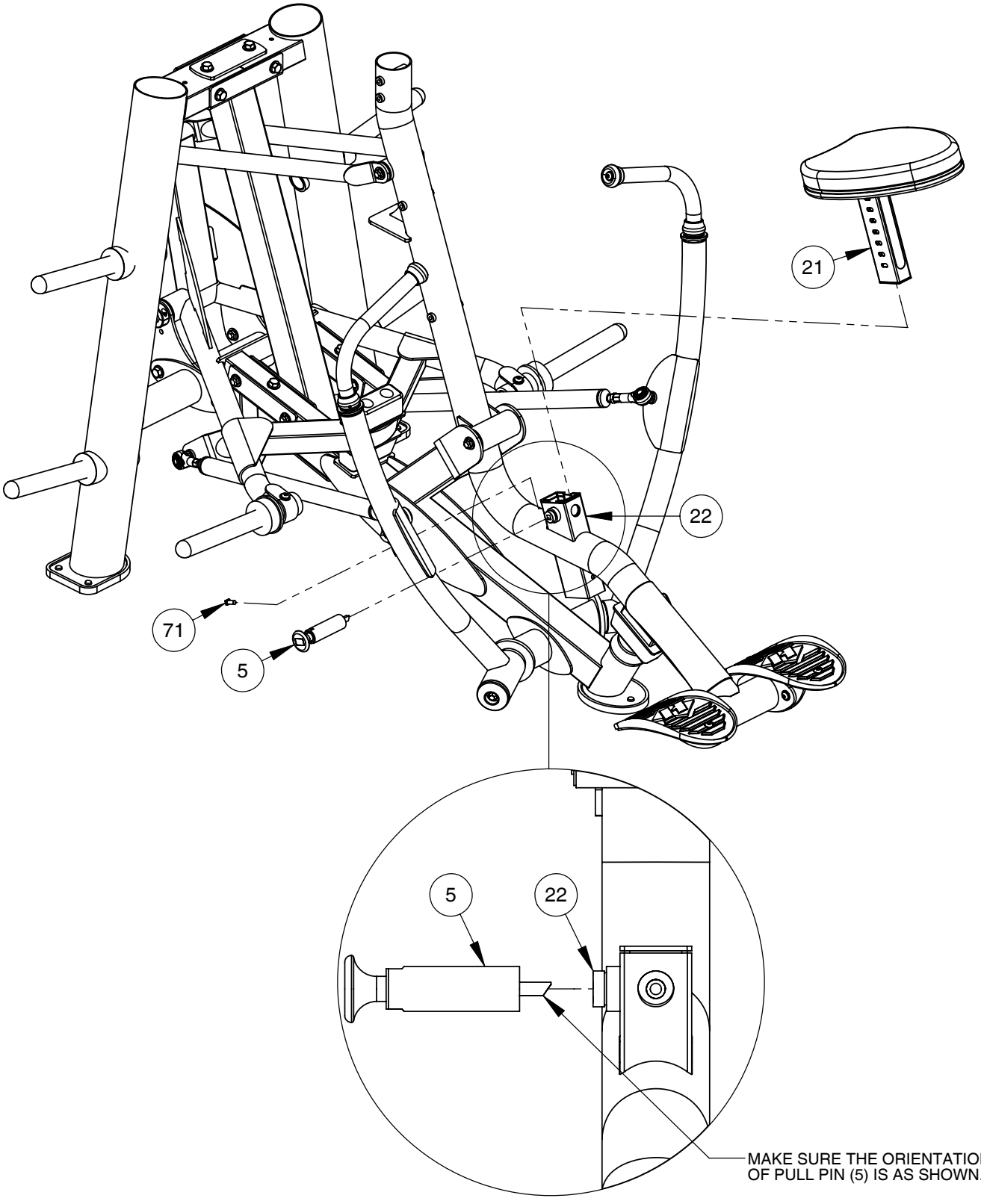

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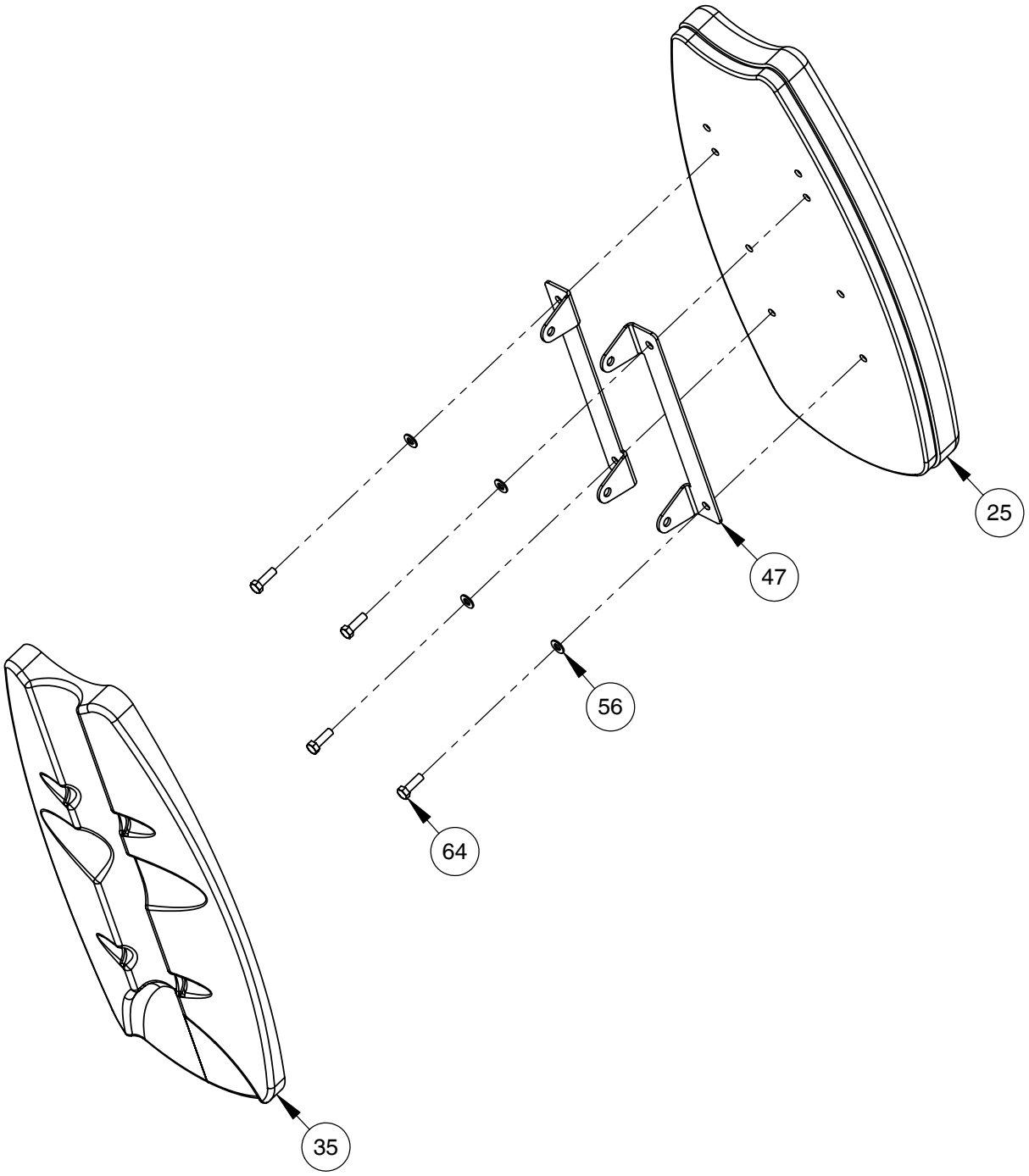

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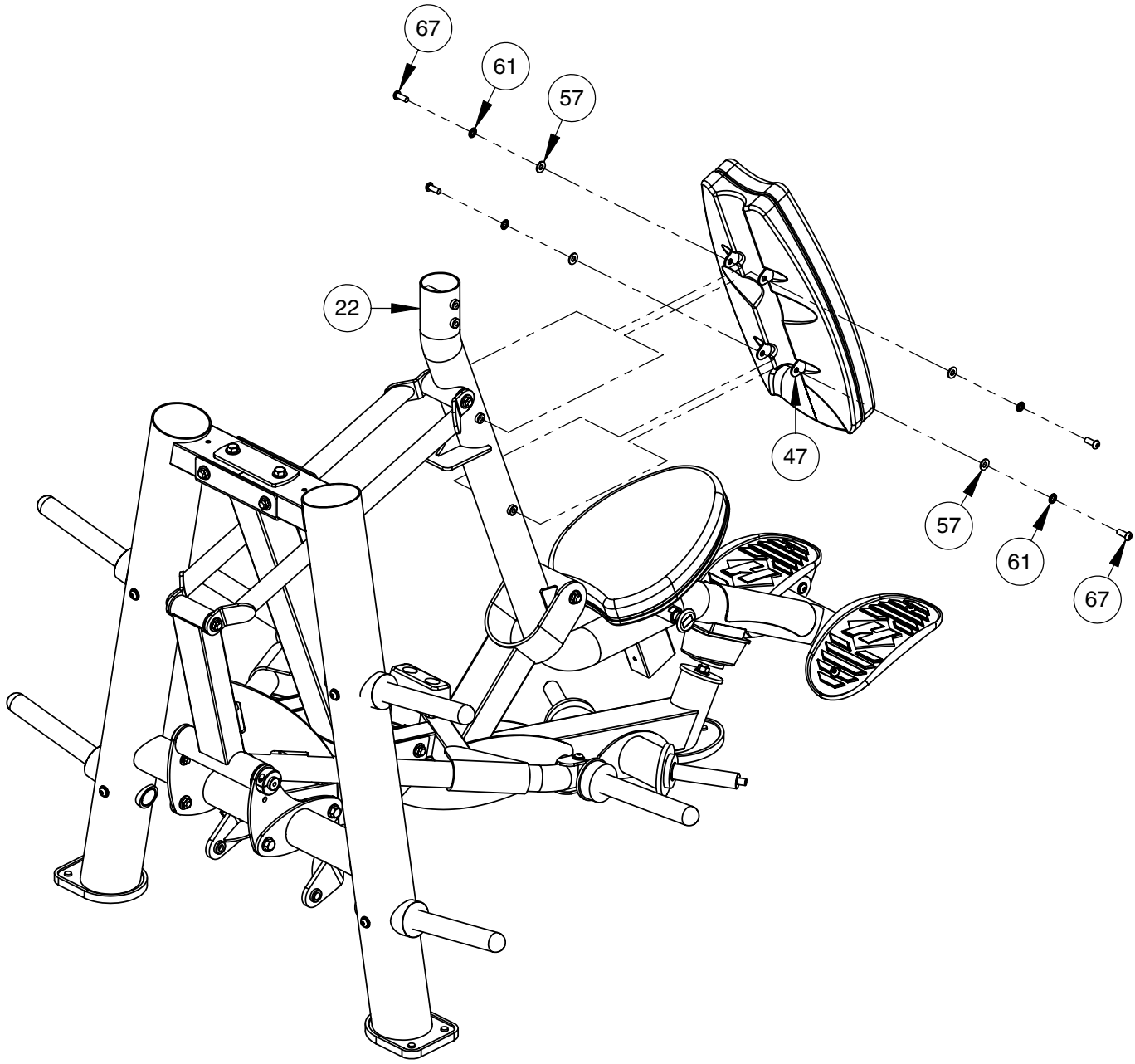

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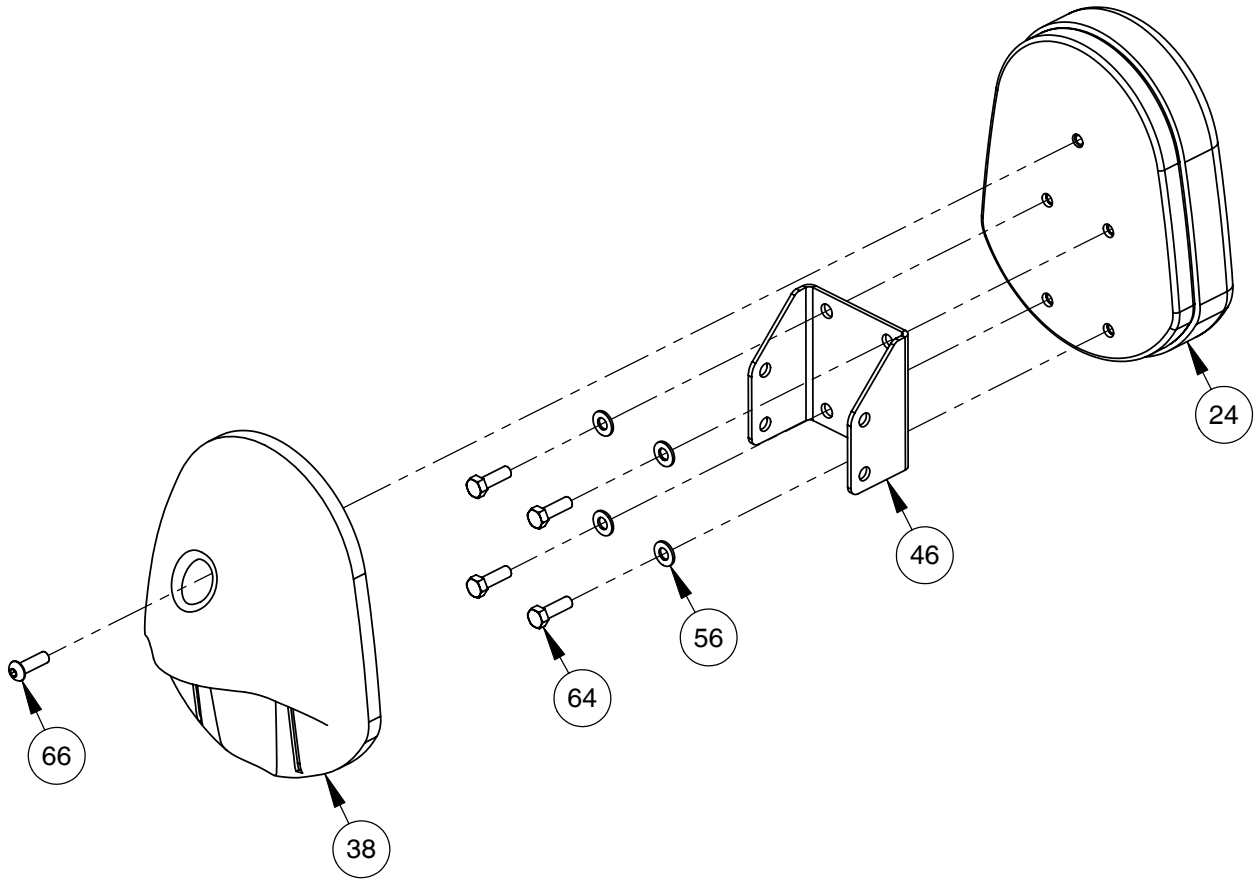

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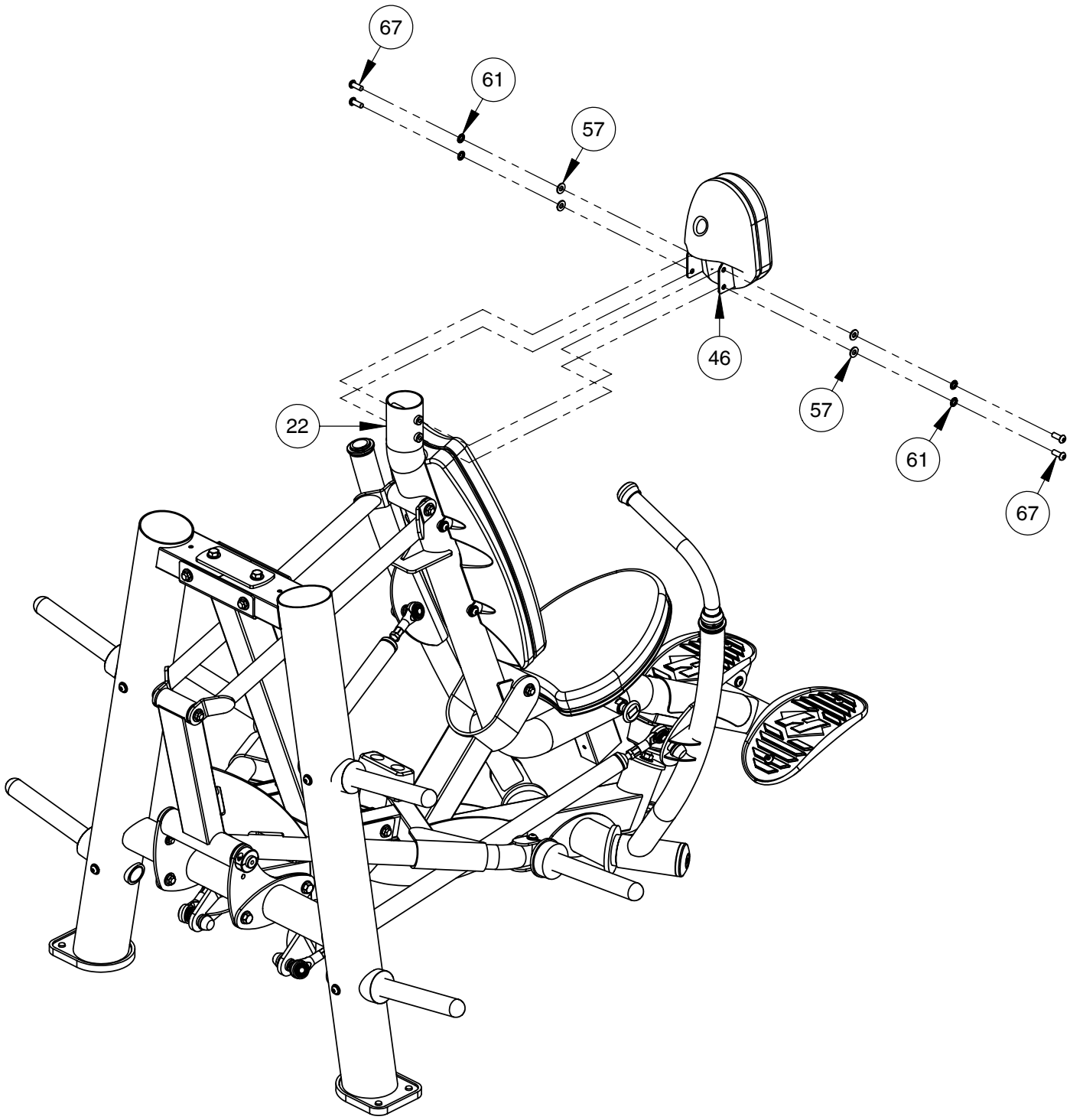
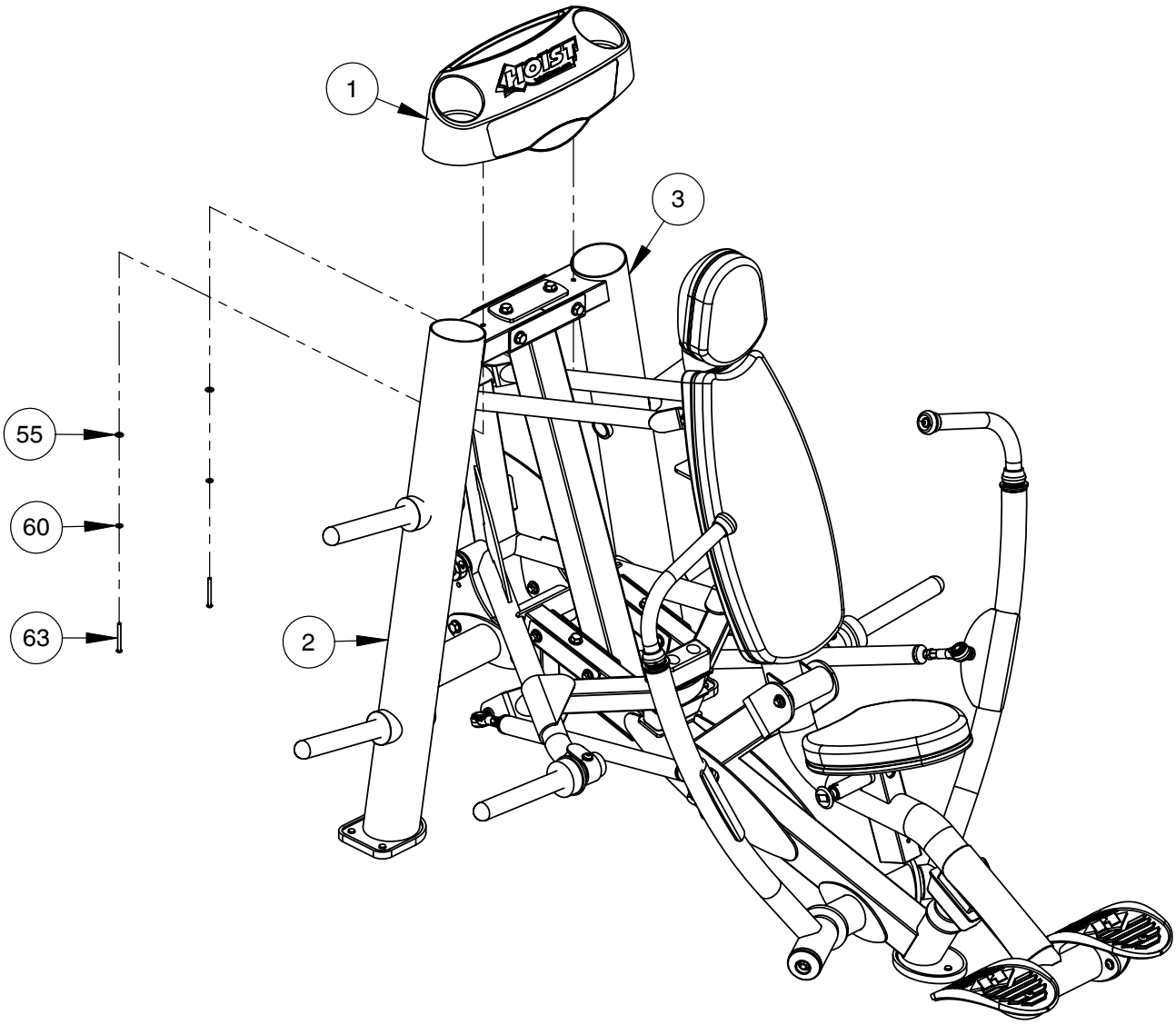


FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE.
- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE.



IMPORTANT

NOW THAT THE RPL-5305 IS COMPLETELY ASSEMBLED TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. IF NOT, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

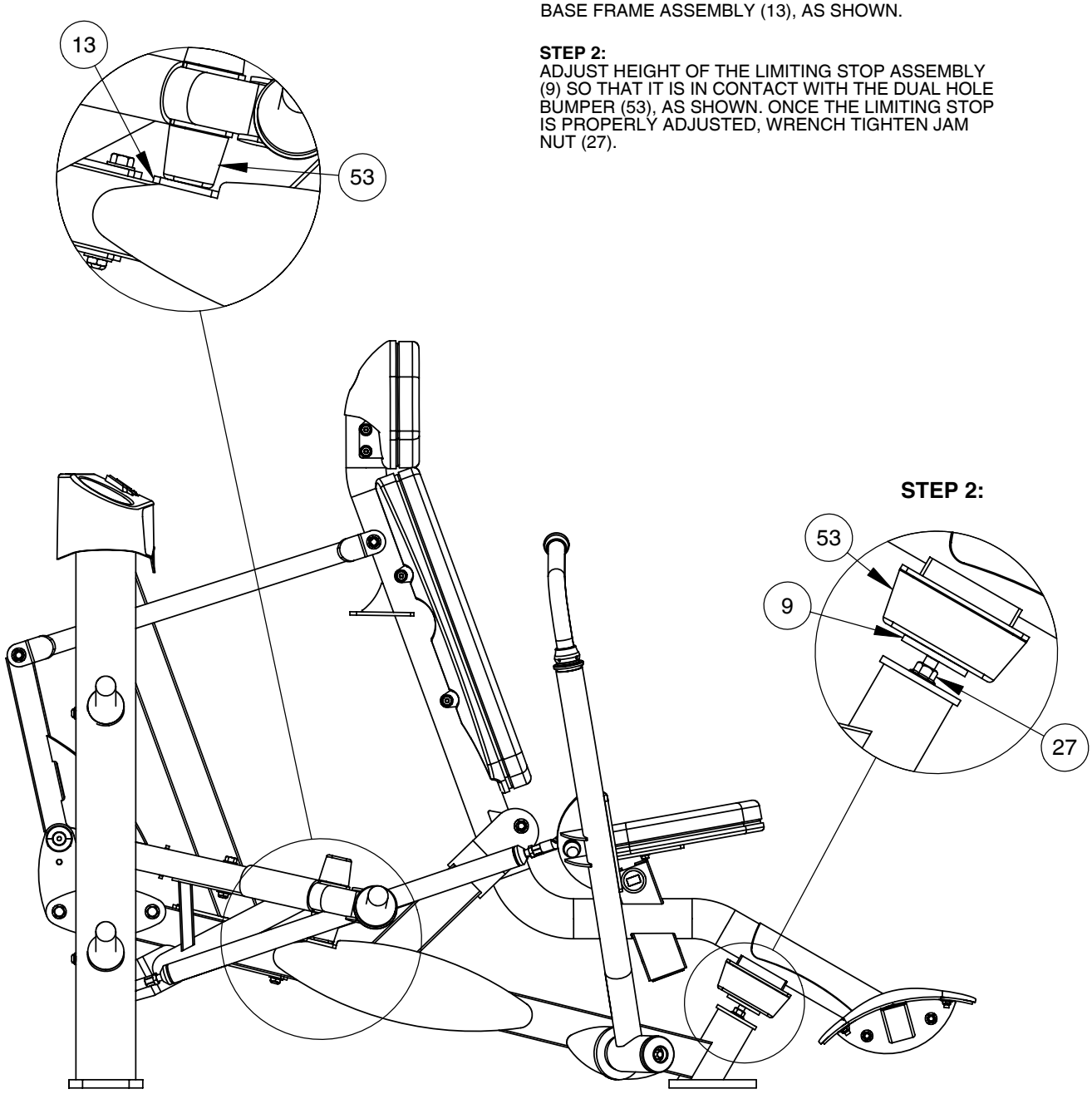
MACHINE ADJUSTMENT

NOTE:
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

MAJOR ADJUSTMENT:

STEP 1:
BE SURE THE BOTTOM DUAL HOLE BUMPER (53) OF THE LIFT ARM ASSEMBLY REMAINS IN CONTACT WITH THE BASE FRAME ASSEMBLY (13), AS SHOWN.

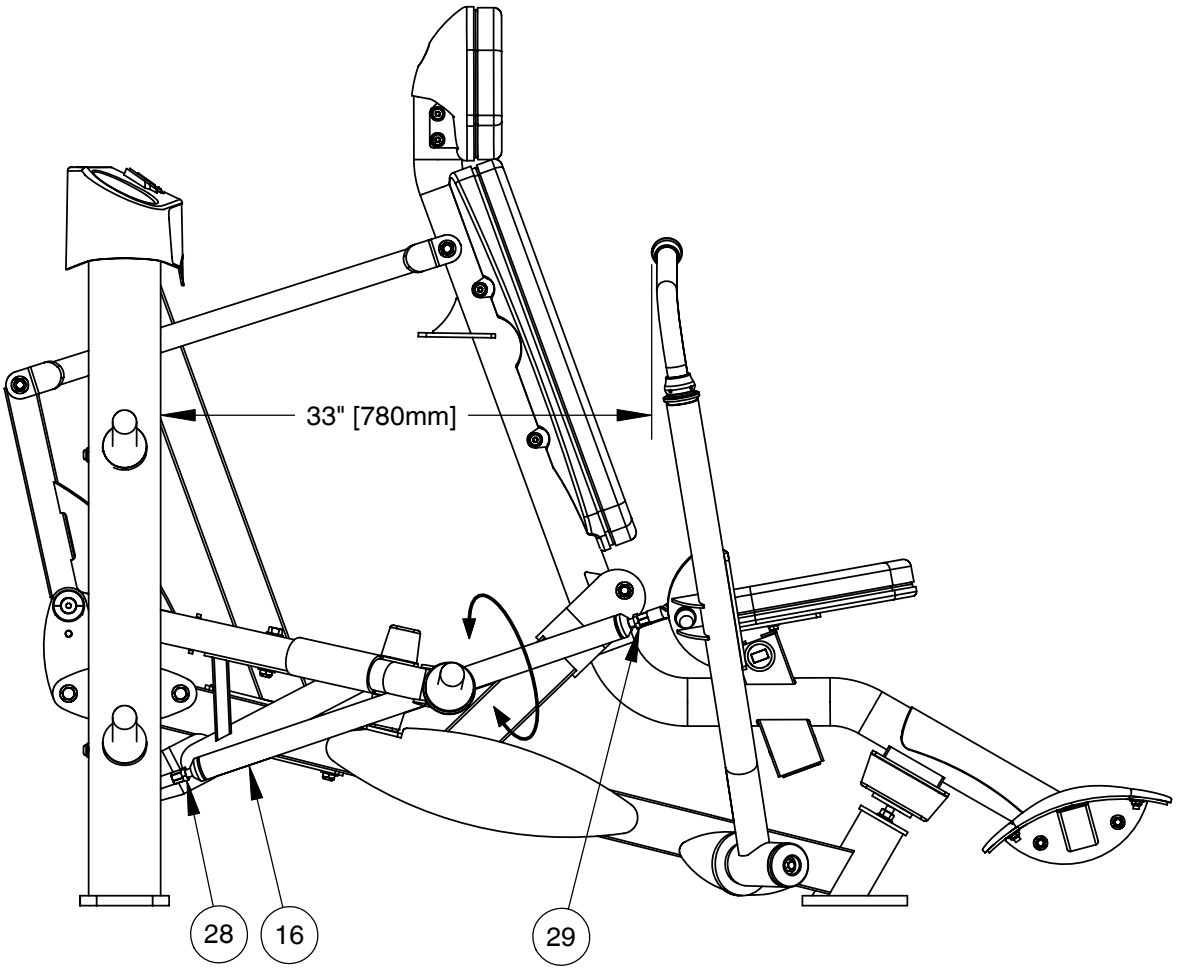
STEP 2:
ADJUST HEIGHT OF THE LIMITING STOP ASSEMBLY (9) SO THAT IT IS IN CONTACT WITH THE DUAL HOLE BUMPER (53), AS SHOWN. ONCE THE LIMITING STOP IS PROPERLY ADJUSTED, WRENCH TIGHTEN JAM NUT (27).



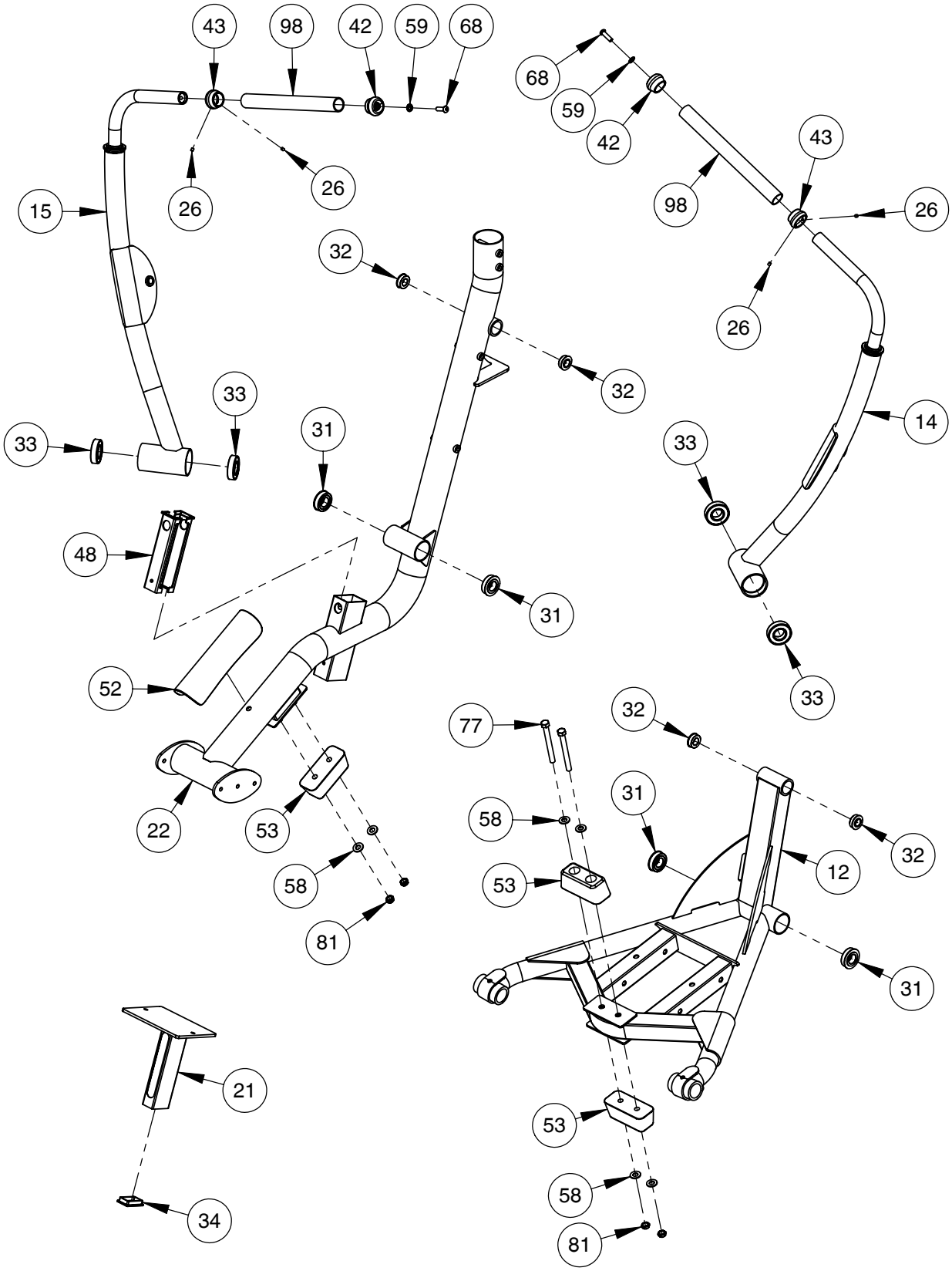
MACHINE ADJUSTMENT CONTINUED

MAJOR ADJUSTMENT:

LOOSEN JAM NUTS (28, 29) AND TWIST TIE RODS (16) IN/OUT TO ADJUST THE PRESS ARMS TO THE PROPER HEIGHT. ONCE THE PROPER HEIGHT IS REACHED AND THE PRESS ARMS ARE OF EQUAL HEIGHTS, BE SURE TO RE-TIGHTEN JAM NUTS.

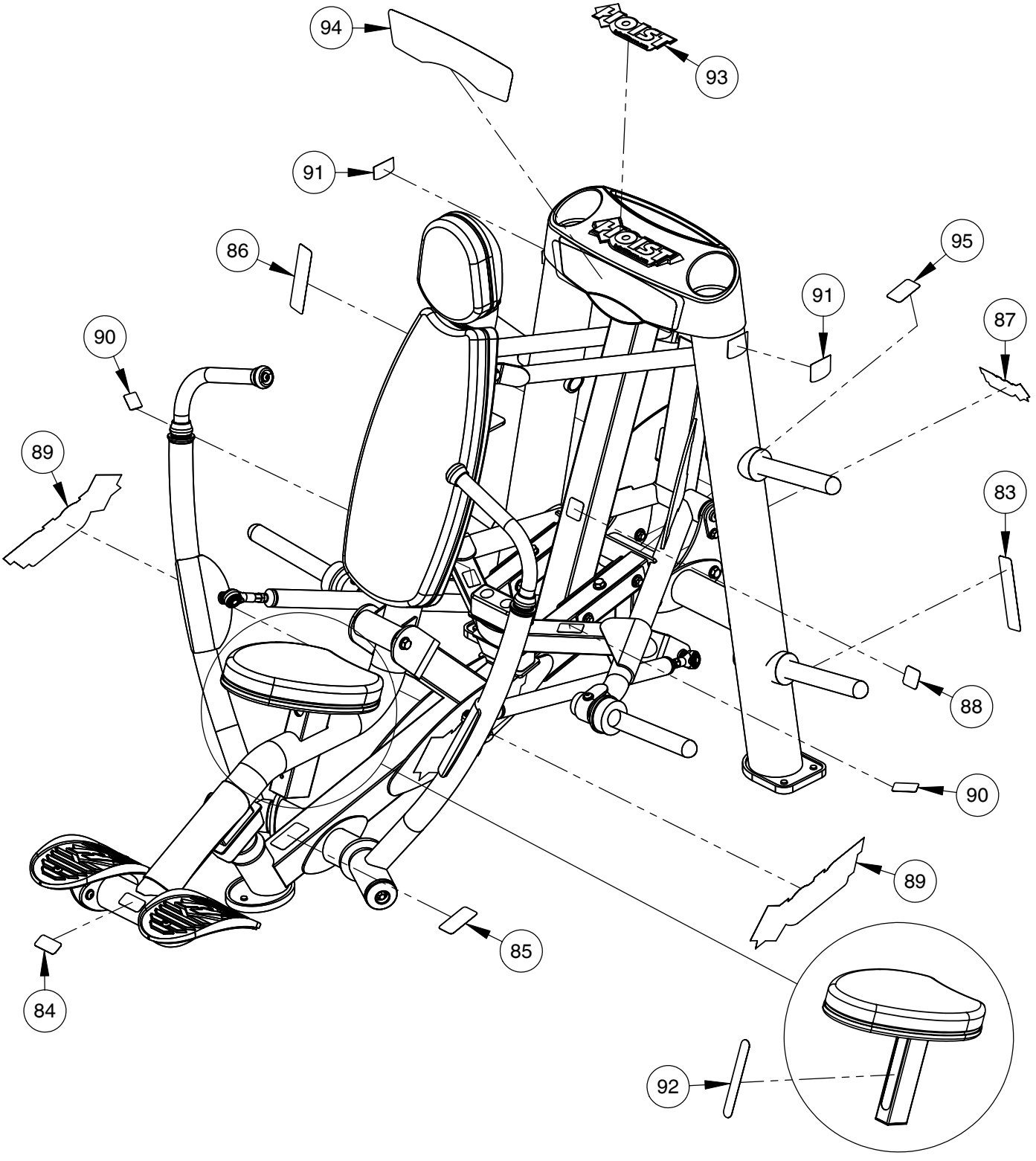


PRE-ASSEMBLY



DECAL PLACEMENT

NOTE:
- ALL DECALS ARE CENTERED UNLESS OTHERWISE STATED.



DECAL REFERENCE

021-0003405

021-0003341

021-0003113

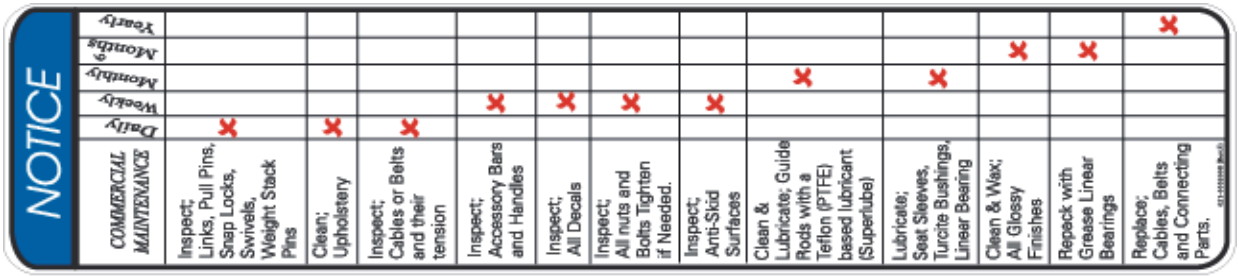
021-0003320

SERIAL # DECAL

021-0003093

WARNING
USE ONLY GENUINE REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY OR EVEN DEATH. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK ALWAYS FOLLOW THESE SIMPLE RULES.
1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.
2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.
3. FOLLOW ROUTINE MAINTENANCE SCHEDULE
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistence training. Stop exercising if you feel faint or dizzy.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed part by yourself. Obtain assistance in order to avoid possible injury.
6. Take your time and do not rush the exercise. Practice proper breathing. NEVER hold your breath.
7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT WITHOUT ADULT SUPERVISION. To avoid possible injury, bystanders should be kept at a safe distance when this equipment is in use.
8. CALL YOUR AUTHORIZED DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

021-0003135


NOTICE
COMMERCIAL MAINTENANCE
Daily
Weekly
Monthly
6 Months
Yearly
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins
Clean; Upholstery
Inspect; Cables or Belts and their tension
Inspect; Accessory Bars and Handles
Inspect; All Decals
Inspect; All nuts and Bolts Tighten if Needed.
Inspect; Anti-Skid Surfaces
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing
Clean & Wax; All Glossy Finishes
Repack with Grease Linear Bearings
Replace; Cables, Belts and Connecting Parts.

021-0003008

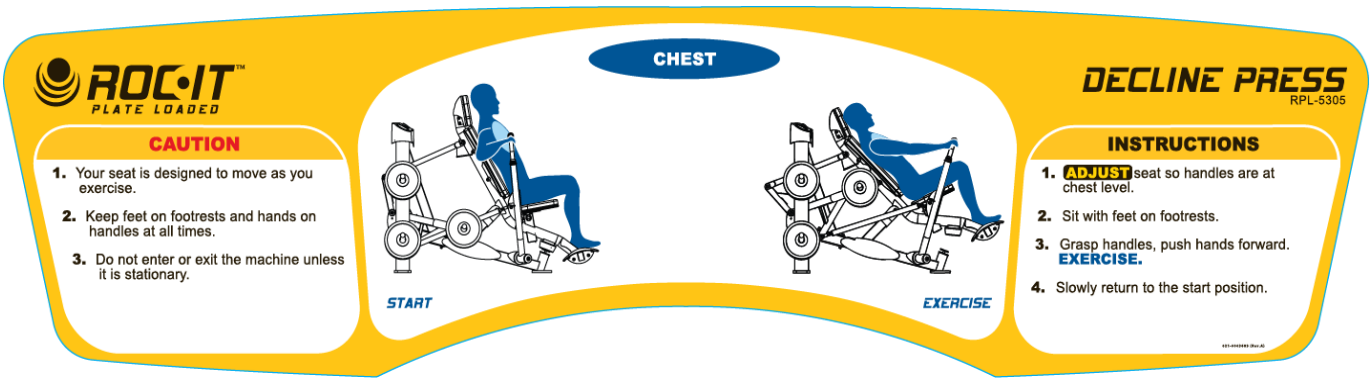
DECAL REFERENCE CONTINUED

021-0003334

021-0018022

021-0003230

021-0004032


ROC-IT
PLATE LOADED
CHEST
DECLINE PRESS
RPL-5305
CAUTION
1. Your seat is designed to move as you exercise.
2. Keep feet on footrests and hands on handles at all times.
3. Do not enter or exit the machine unless it is stationary.
START
EXERCISE
INSTRUCTIONS
1. ADJUST seat so handles are at chest level.
2. Sit with feet on footrests.
3. Grasp handles, push hands forward. EXERCISE.
4. Slowly return to the start position.

021-0003689

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
1	026-01PL2236	TOP CAP W/INSERTS	1
2	026-01X3294	REAR UPRIGHT LEFT ASSEMBLY	1
3	026-01X3377	REAR UPRIGHT RIGHT ASSEMBLY	1
4	026-01X2402	FOOT PLATE ASSEMBLY	2
5	026-01X2849	RACHET PULL-PIN ASSEMBLY	1
6	026-01X2975	FOOT PLATE MOUNT ASSEMBLY	2
7	026-01X3235	CENTER UPRIGHT	1
8	026-01X3287	SHAFT, LIFT-ARM ASSEMBLY	1
9	026-01X3292	LIMITING STOP ASSEMBLY	1
10	026-01X3305	WEIGHT HORN ASSEMBLY	2
11	026-01X3308	LINK ASSEMBLY	2
12	026-01X3404	LIFT ARM DECLINE	1
13	026-01X3409	BASE FRAME ASSEMBLY	1
14	026-01X3411	PRESS ARM RIGHT	1
15	026-01X3412	PRESS ARM LEFT	1
16	026-01X3413	PRESS ARM LINKS	2
17	026-01X3414	LINK MOUNT - LEFT	1
18	026-01X3416	TIE-ROD END LEFT HANDED	2
19	026-01X3417	LINK MOUNT - RIGHT	1
20	026-01X3420	TIE-ROD END RIGHT HANDED	2
21	026-01X2387	SEAT PAD ASSEMBLY	1
22	026-01X3429	USER SUPPORT FRAME ASSEMBLY	1
23	022-01PD2054-A	SEAT PAD ASSEMBLY	1
24	022-01PD2055	UPHOLSTERED HEAD PAD	1
25	022-01PD2058	UPHOLSTERED BACK PAD	1
26	011-0111008	SET SCREW: 1/4"-28 X .25" LG. (WZ)	4
27	012-0202001	1/2"-13 FLANGED NUT (WZ)	1
28	012-0105009	12 mm JAMNUT RH	2
29	012-0105010	12 mm JAMNUT LH	2
30	014-0019005-2	SPLIT COLLAR: 1.00" I.D. X 20mmT NON-THREADED	1
31	014-0009007	BEARING: FLANGED Ø2.00" O.D. X Ø1.00" I.D.	4
32	014-0005001	BEARING: (SMALL) Ø1.37" O.D. X Ø.75" I.D.	4
33	014-0012013	BEARING: BALL BEARING Ø2.44" O.D. X Ø1.18" I.D.	4
34	016-0001003	END CAP 1.50" X 2.50" (BLACK)	1
35	022-01PD2058-5	PLASTIC BACK PAD BACKING	1

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
37	026-01F0251	BRACKET PLATE: 2 HOLES 7.00" X 2.75"	1
38	022-01PD2073-5	HEAD PAD PLASTIC BACKING	1
39	026-01F0316	8" FLNG.	1
40	026-01M0660	SHAFT Ø1.00" O.D. X Ø .52" I.D. X 4.69" LG.	1
41	026-01M0927	SHAFT Ø.75" O.D. X Ø.52" I.D. X 3.82" LG.	2
42	026-01M0932	END CAP: ALUMINIUM Ø1.25" ID	2
43	026-01M0933	ALUMINUM RING: Ø1.25" ID	2
44	026-01M1185	WEIGHT HORN SHAFT 15.00"LG.	4
45	026-01M2356	END CAP: DOMED Ø 2.75" O.D.	2
46	026-01P2907	HEAD BRACKET MOUNT	1
47	026-01P2925	PAD MOUNT BRACKET	2
48	026-01PL0125	E-Z GLIDE PLASTIC SLEEVE	2
49	026-01PL0264	WEIGHT HORN RUBBER DONUT	2
50	026-01PL2122	OVAL-SHAPED RUBBER FOOT	1
51	026-01PL2131	D-SHAPED RUBBER FOOT	2
52	026-01PL2197	PLASTIC SCUFF GUARD 11.05" LG.	1
53	026-01PL2246	DUAL HOLE BUMPER 2.05" THICK	3
54	026-01PL2313	WEIGHT HORN RUBBER DONUT W/ 3.75 COPE	4
55	013-0002003	1/4" X 16mm SAE FLAT WASHER (WZ)	2
56	013-0302008	5/16" SAE FLAT WASHER (WZ)	10
57	013-0402007	3/8" X 22mm FLAT WASHER (WZ)	32
58	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)	44
59	013-0408001	3/8" INTERNAL LOCK WASHER (SS)	2
60	013-0102023	1/4" INTERNAL LOCK WASHER	2
61	013-0102022	3/8" INTERNAL LOCK WASHER	14
62	011-0007097	1/4"-20UNC X .75" SHCS (BZ)	2
63	011-0101122	1/4"-20UNC X 2.50" BHCS (WZ) w/ NYLON PATCH	2
64	011-0107029	5/16"-18UNC X 1.00" HHB (WZ)	8
65	011-0107011	5/16"-18UNC X 1.25" HHB (WZ)	2
66	011-0101030	5/16"-18UNC X 1.00" BHCS (WZ)	1
67	011-0101026	3/8"-16UNC X 1.00" BHCS (WZ)	16
68	011-0401002	3/8"-16UNC X 1.25" BHCS (SS)	2
69	011-0101034	3/8"-16UNC X 1.25" BHCS (WZ)	2
70	011-0101016	3/8"-16UNC X 2.75" BHCS (WZ)	4

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
71	011-0311013	3/8-16UNC X .75" SQUARE HEAD (WZ)	1
72	011-0407022	3/8"-16UNC X 1.00" HHB (WZ)	1
73	011-0407042	1/2"-13UNC X 1.00" HHB (WZ)	4
74	011-0407024	1/2"-13UNC X 2.75" HHB (WZ)	2
75	011-0407016	1/2"-13UNC X 3.00" HHB (WZ)	6
76	011-0407047	1/2"-13UNC X 4.00" HHB (WZ)	2
77	011-0407055	1/2"-13UNC X 4.75" HHB (WZ)	4
78	011-0107014	1/2"-13UNC X 5.00" HHB (WZ)	2
79	011-0107036	1/2"-13UNC X 5.75" HHB (WZ)	1
80	012-0104008	3/8"-16 UNC THIN NYLOCK NUT (WZ)	9
81	012-0304011	1/2"-13 UNC THIN NYLOCK NUT (WZ)	25
82	012-0104013	12mm x 1.25mm THIN NYLOCK NUT (WZ)	4
83	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50" X 6.69"	1
84	021-0003093	DECAL MOVING PARTS 1.20" X 2.38" (HOR)	1
85	021-0003113	DECAL PINCH POINT 1.63" X 3.25" (VERTICAL)	1
86	021-0003135	DECAL WARNING 1.50" X 6.69"	1
87	021-0003230	DECAL HOIST 1.63" X 5.93"	1
88	021-0003320	DECAL 800 LB. WEIGHT RATING (1.63" X 1.63")	1
89	021-0003334	DECAL HOIST 3.90" X 14.25"	2
90	021-0003341	DECAL PINCH POINT 1.07" X 2.13" (HORIZONTAL)	2
91	021-0003405	DECAL ROX	2
92	021-0004032	DECAL ADJUST 1-7 VERTICAL TXT.	1
93	021-0018022	DECAL HOISTFITNESS.COM LOGO	1
94	021-0003689	RPL-5305 CHEST PRESS DECLINE PLACARD	1
95	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
96	013-0001003	.50" CAP WASHER	4
97	016-0003001	.50" CAP WASHER CAP	4
98	026-01PL0235-33	Ø1.188" X 14.17" OPEN END GRIP	2

ABBREVIATIONS

BZ = Black Zinc

WZ = White Zinc

HHB = Hex Head Bolt

FHCS = Flat Head Cap Screw

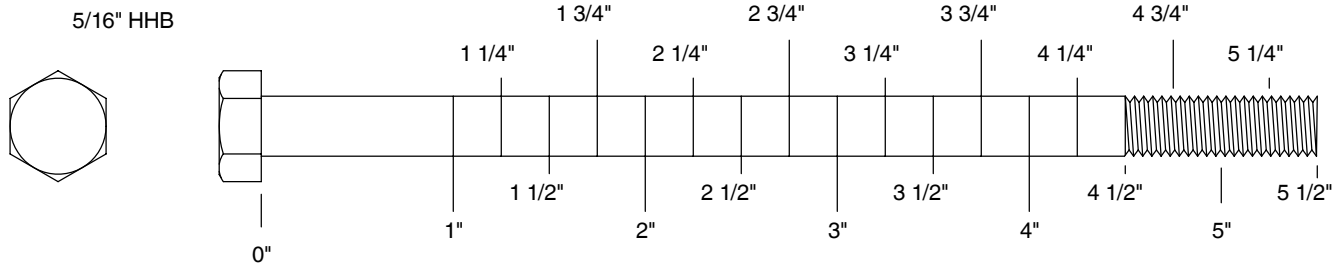
BHCS = Button Head Cap Screw

SHCS = Socket Head Cap Screw

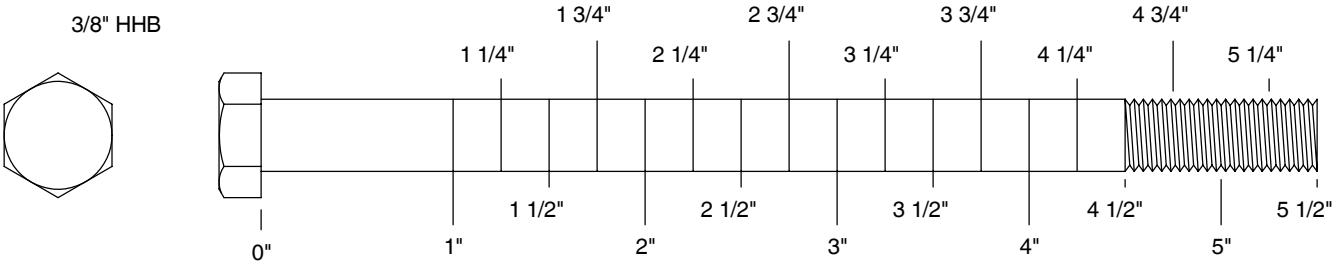
SHSS = Socket Head Shoulder Screw

BOLT SIZING CHART

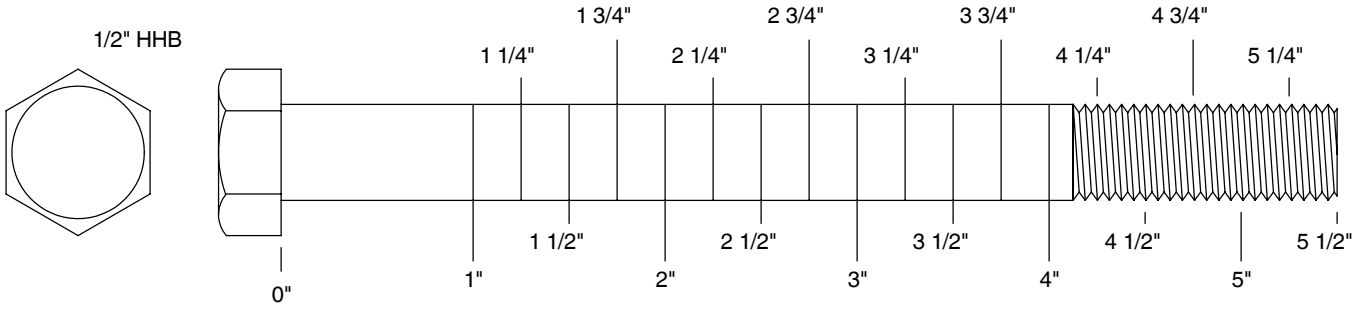
5/16" HHB



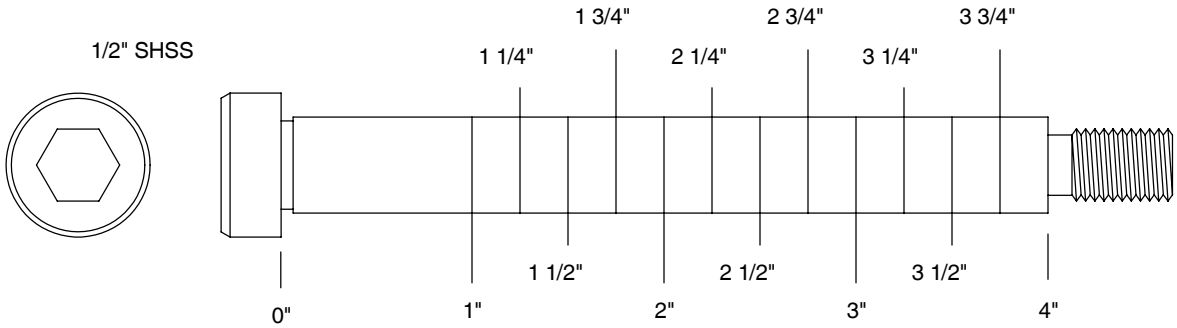
3/8" HHB



1/2" HHB

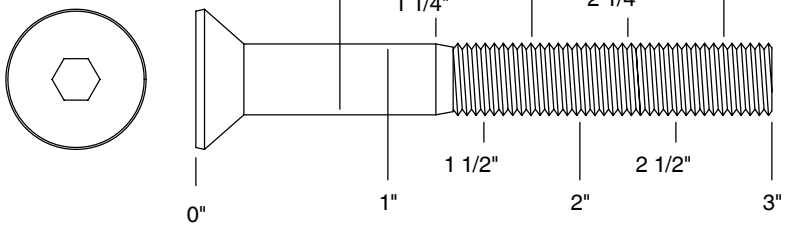


1/2" SHSS

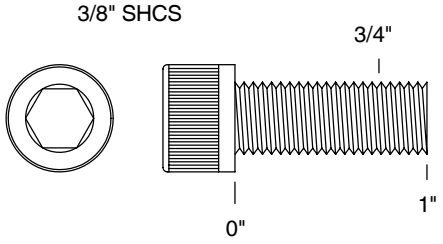


BOLT SIZING CHART
(CONTINUED)

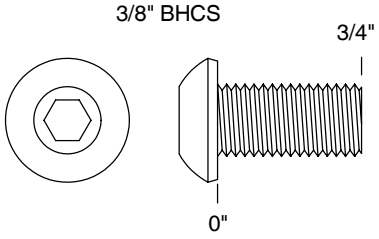
3/8" FHCS



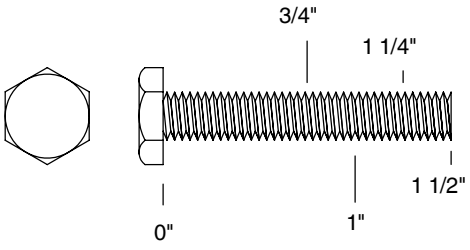
3/8" SHCS



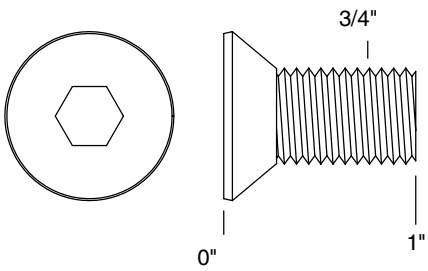
3/8" BHCS



1/4" HHB

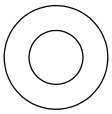


1/2" FHCS

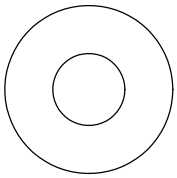


WASHER SIZING CHART

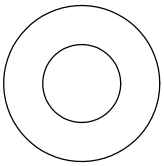
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



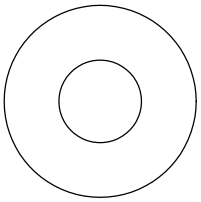
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



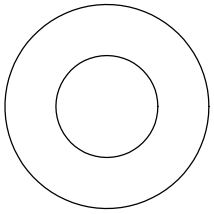
013-0002004
3/8"
FLAT WASHER
SMALL, SAE, 21mm



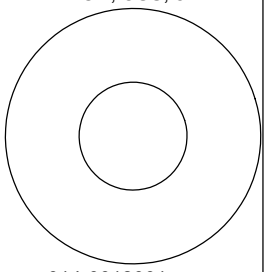
013-0402005
3/8"
FLAT WASHER
LARGE, USS, 25mm



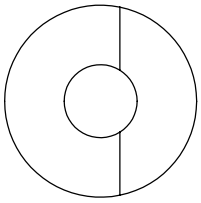
013-0102003
1/2"
FLAT WASHER
SMALL, SAE, 27mm



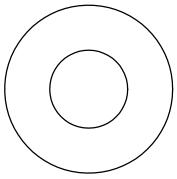
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER

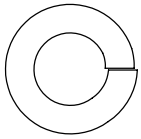


013-0402007
3/8"
FLAT WASHER
22mm O.D.

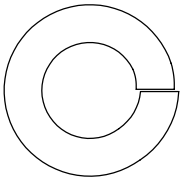


013-0102019
1/4"
LOCK WASHER

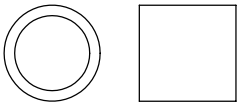
013-0102020
3/8"
LOCK WASHER



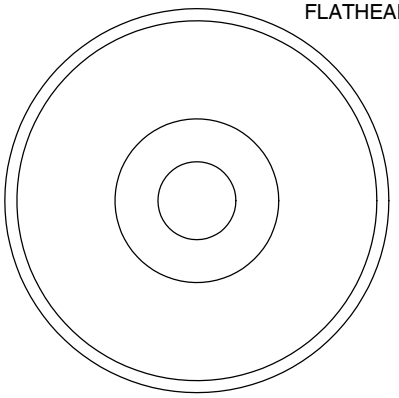
013-0102018
1/2"
LOCK WASHER

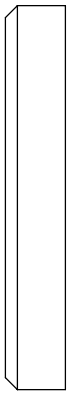


014-0018001
1/2" LONG
SPACER

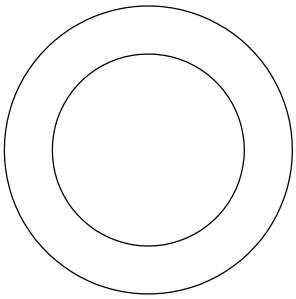


026-01M0238
2" ALUMINUM
FLATHEAD CAP

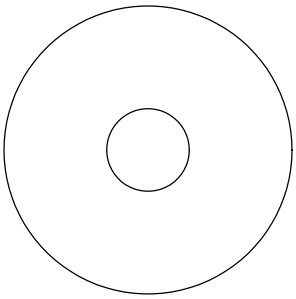




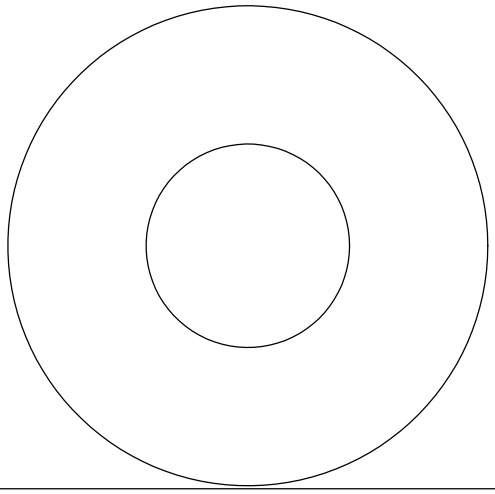
016-0009003
1" SHIM WASHER



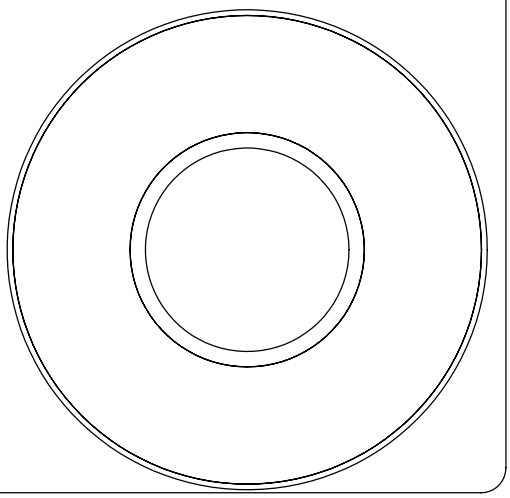
013-0003002
3/8" FENDER WASHER



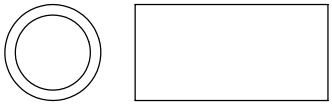
013-0003004
1 1/16"
FENDER WASHER



026-01PL151
PLASTIC 1 1/16"
FENDER WASHER

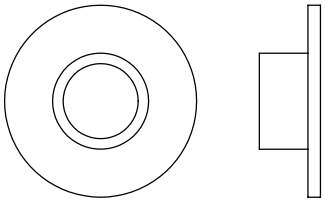


014-0018002
1" LONG
SPACER

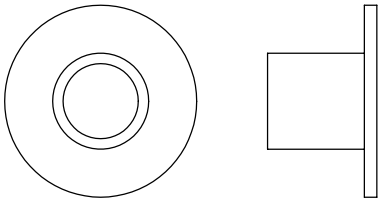


WASHER SIZING CHART
(CONTINUED)

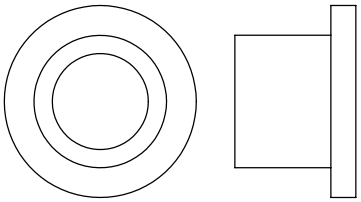
026-01M0211
1/4" LONG
FLANGED SPACER



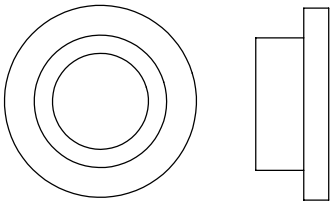
026-01M0198
1/2" LONG
FLANGED SPACER



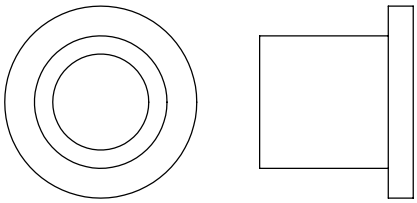
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



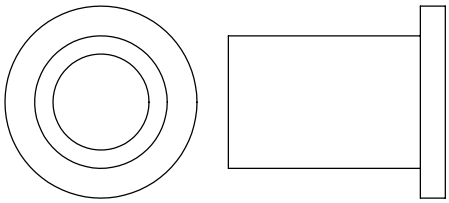
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



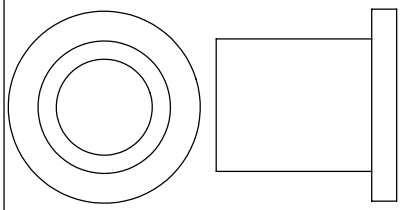
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



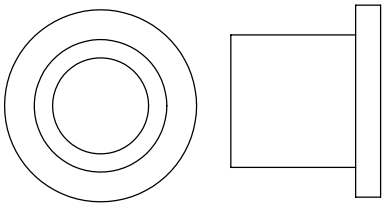
026-01M0551
1" LONG HEAVY
FLANGED SPACER



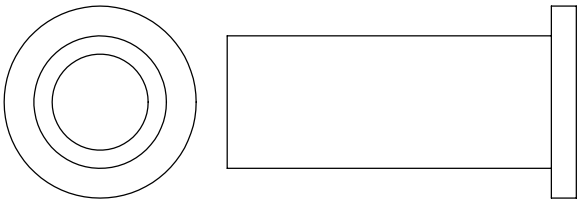
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



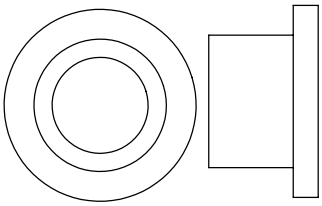
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



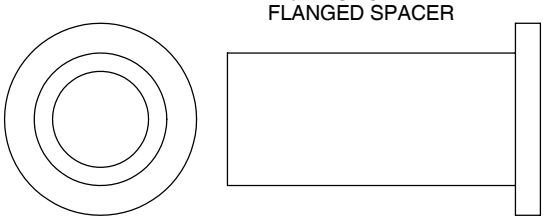
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



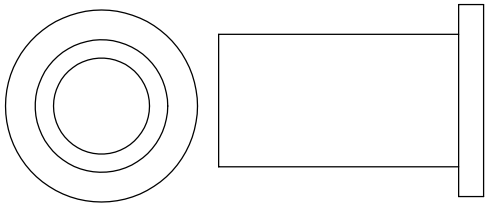
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



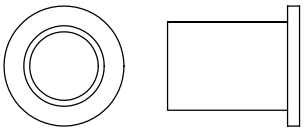
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



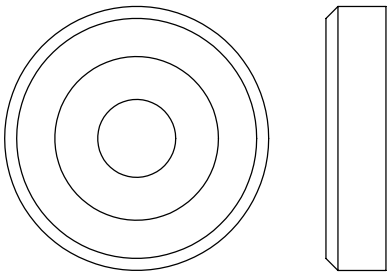
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



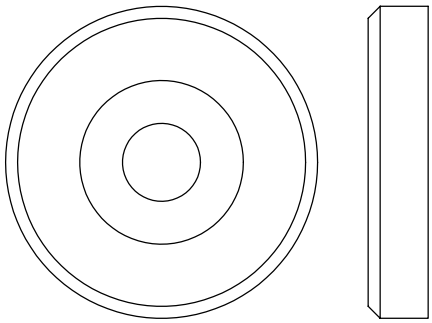
026-01M0600
.625" LONG
FLANGED SPACER



026-01M0240
1 3/8" ALUMINUM
FLATHEAD CAP



026-01M0239
1 5/8" ALUMINUM
FLATHEAD CAP



MAINTENANCE SCHEDULE

ROUTINE	*COMMERCIAL MAINTENANCE*	*HOME MAINTENANCE*	*LATEST DATE ENTRY*								
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY									
Clean; Upholstery	DAILY	WEEKLY									
Inspect; Cables or Belts and their tension	DAILY	WEEKLY									
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS									
Inspect; All Decals	WEEKLY	3 MONTHS									
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS									
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS									
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS									
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS									
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY									
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY									
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS									

Your equipment comes with a commercial maintenance decal.
For personal, in home use, please follow the home maintenance schedule listed above.

HOIST FITNESS SYSTEMS
GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

*Check all pieces for signs of visible wear or damage.

*Check springs in snap hooks and pull-pins for proper tension and alignment.

*If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

*To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.

*Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.

*Replace ripped or warn upholstery immediately.

*Keep sharp or pointed objects clear of all upholstery.

Decals:

*Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

*Inspect all nuts and bolts for any loosening and tighten if needed.

*Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

*These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

*Hoist uses only high quality belt, and mil-spec cables.

*Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.

*While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.

*Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

*Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.

*Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

*Wipe down adjusting tubes with a dust free rag before applying lubricant.

*Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

*Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

WEIGHT TRAINING TIPS

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your RPL-5305 HOIST® Fitness System, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Enjoy your RPL-5305 HOIST® Fitness System!

WEIGHT TRAINING EXERCISE LOG

S = Sets R = Repetition per set W = Weight used

Date																																	
Exercise	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W	S	R	W
Totals																																	

HOIST FITNESS SYSTEMS
LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal. transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

WARRANTY CLAIMS. All claims require: Model number, Serial number, Date of installation, and any information supporting the existence of the alleged defect.

To complete Warranty Registration visit:
www.HOISTFITNESS.com
and click on the Warranty Registration link

Starting from the original date of purchase, normal wear and tear shall be considered as the following:

COMMERCIAL USE: All malfunctions of upholstery, grips, paint, and chrome that occur after one year; all malfunctions of electronic components, belts, or cables after one year; all malfunctions of pulleys, bearings, or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

HOME USE: All malfunctions of grips, paint, and chrome that occur after ten years; all malfunctions of electronic components, belts, cables, or upholstery that occur after ten years; all malfunctions of pulleys, bearings, or bushings that occur after ten years. The frame and all welded components are warranted for the life of the product.

PLEASE NOTE THAT NOT ALL HOIST PRODUCTS ARE MADE FOR COMMERCIAL USE.

Refer to the instructions page of your owners manual or consult with you fitness product dealer to establish if a product is made for commercial use or not. Using a non-commercial product in a commercial setting can result in serious injury or death!

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and five (5) year warranties described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

TRANSPORTATION COSTS. Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

Hoist Fitness Systems
9990 Empire St. #130
San Diego, CA. 92126
(800)548-5438

PLEASE KEEP THIS FOR YOUR RECORDS